

*Gayelord Hauser's
New Guide to
Intelligent Reducing*

-

by the same author

★

LOOK YOUNGER LIVE LONGER

DIET DOES IT

BE HAPPIER, BE HEALTHIER

EAT AND GROW BEAUTIFUL

GAYELORD HAUSER COOK BOOK

BETTER EYES WITHOUT GLASSES

GAYELORD HAUSER'S
NEW GUIDE TO
INTELLIGENT
REDUCING

*How to Reduce
and Stay Reduced for Life*

BY GAYELORD HAUSER

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To the overweighters,
who have been scolded, frightened,
ridiculed, regimented and starved,
and who seem to me to be hungry
for a new kind of reducing book.

For all enquiries with regard to the
products mentioned in this book and
recommended by Gayelord Hauser,
please write to

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*“Set people free
As deep in their hearts they would like to be
From private greeds
And wanton needs”*

Lao-tse

1

Never Say Diet



Come live with me. Not to diet, but to dine. Not to count calories; to discount calories, forget them. Come live with me and we will not watch weight We will stop watching, stop weighing; stop denying, doing-or-dying. Come live with me and *never say diet*.

Yes, this is Gayelord Hauser speaking Natural scientist, writer, lecturer, teacher. Authority on your ideal diet Authority on your ideal weight and how to achieve it Author of ten books, the product of more than thirty years of concentrated study, travel, exploration, adventure and research in the field of nutrition. Gayelord Hauser, who has spent the past thirty years talking. Talking in magazines, newspaper columns, on radio and television Talking on platforms, in classrooms, at social gatherings throughout America, South America, Africa, England and Europe Talking about your correct diet for good health, for good looks, for long life and happiness Talking about calorie charts, nutrition rules, weight tables °

Now I am inviting you to put aside charts, rules and tables. I invite you to come and eat with me for life and never say diet What is this? What change has come over me?

Well—after thirty years of talking, I have begun listening, for a change. ° ° °

Listening to whom? Listening to you—my readers and audiences and students I have been listening to what you say to me, reading and rereading the letters you write to me I have

Never Say Diet

been trying not only to hear what you say but to understand what you mean.

Listen with me for a moment

'You *are* Gayelord Hauser, aren't you?' inquires the smart red-haired young woman sitting next to me at a huge dinner-party in Hollywood 'Then what are you doing, eating real food?'

I say, 'What would you expect me to eat?'

'Why, Wonder Foods, of course' Her wide blue eyes are solemn 'Wonder Foods, like wheat germ, yoghurt, blackstrap molasses, brewer's yeast, powdered skim milk. First-class proteins High-powered minerals. Supercharged vitamins.'

On another occasion, as my train pulls out of New Orleans, the dining-car steward stands at the door of my compartment followed by a waiter carrying an appetizing luncheon tray.

'Mr Hauser,' he stammers, 'I can't think how it happened, sir. I'm awfully sorry——'

'What is it? What is wrong?' I ask

The steward's solicitous face is full of genuine distress 'Why, you see, sir—I'm afraid—well, the truth is, *we have no raw carrots!*'

On still another occasion. 'I know you won't approve,' apologizes the good-looking president of a national women's organization which is giving a breakfast party in my honour at a fabulous Mid-western country club 'We usually follow the Hauser Diet religiously and we simply love it But just this once—you won't be *too* cross, will you?—we're having popovers. Now don't worry,' she adds hastily. 'We've ordered whole wheat melba toast for you'

Listen to some of my letters

'Dear Gayelord Hauser. Someone told me you eat candy You can't do that You know candy is fattening.'

'Dear Gayelord Hauser. You tell us to walk every day to keep thin but I read in a magazine article that you have three automobiles Do you raise soya beans in them, or something?'

'Dear Gayelord Hauser. I am one of your overweighters. You had me *hipped* (slim-hipped) on cottage cheese and buttermilk

along with all the other reforming (and pretty well-formed) fatties. Then I saw a picture of you having dinner at "21" with Greta Garbo and eating Lobster Thermidor. What's the use? I'm back on double fudge sundaes.'

'Dear Gayelord Hauser. I don't like the Hauser Diet. I don't think Diet Does It. So I'm not going to Look Younger, Live Longer, Be Happier, Be Healthier. SO WHAT?'

Do you hear what I hear? It sounds as if there is a Man named Gayelord Hauser who lives on the Hauser Diet and eats nothing but Wonder Food. A Wonder Man who is Holier Than Thou, who must be placated with raw carrots and appeased with whole wheat melba toast. A Saint-on-Wheels who is never allowed to eat sweets, or to enjoy riding comfortably in automobiles or dining well with a glamorous woman. A Superman who speaks with a Voice of Authority, saying, 'Look Younger, Live Longer, Be Happier, Be Healthier; Diet Does It.'

Say it isn't so.

Listen

It is early in 1951. *Look Younger, Live Longer* is at its peak of popularity, having topped best-seller lists for two years and been translated into seventeen languages. I return to New York from an extended lecture tour of England, France, Germany, Italy to find America absorbed in its marvellous new toy, the television set. From several sources I receive offers to launch me into this great new entertainment medium. I select a Super-sponsor, we work together to devise a Super-programme. I am enthusiastic, confident, that I will put on a Super-show.

The day comes. The stage is set, lights and cameras are in place. In the front rows of the studio audience are celebrities from stage, screen, radio and from society—all my good friends who are in New York at the time, gathered in my honour, ready to applaud a Super-performance. I wait off-stage, aware of this wonderful new opportunity, conscious of this vast new audience of television viewers all over the country and eager to do my best for them. I am on my toes, dressed to the nines, groomed and polished within an inch of my life. Superman Hauser, ready to surpass himself.

Never Say Diet

My cue I step forward. One shallow step leads to the stage
It is a wooden plank so near the floor that it has not been necessary to fasten it down

Music, camera, lights I am on.

I step up My foot lands at the extreme edge of the plank It
slips and trips me

Crash!

Enter Gayelord Hauser, the would-be Superman . . .

. . . *flat on his face.*

2

You Can Be Free



Now, let me repeat my invitation

Come live with me—and never say diet.

The invitation was first addressed to thirty million Americans. The overweighters. The big boys and girls. Thirty million men and women who are oversize editions of their real bodily selves, prisoners inside their extra layers of flesh, burden-bearers of anywhere from ten to fifty pounds of excess baggage

Actually, the number of oversize Americans is estimated at more than thirty-five million. A certain number are overweight because of special bodily or emotional factors; they should not try to reduce except under medical and/or psychiatric supervision. My invitation is extended to the millions everywhere who are overeaters—nothing more and nothing less, men and women who suffer from no unusual physical, glandular or psychological condition. They have been assured by their doctors—and they know it is true—that they are overweight for only one reason. because they eat too much. Specifically, because they have lost control over their appetite for starches, sugars and fats. Their intake is greater than their requirements.

You—these millions of overweighters—are the people whose great desire for help has prompted me to write this book. Somehow I feel that I know you all, in one way or another. Many thousands of you have attended my lectures, thousands more have been in my radio and television audiences, many thousands of you have read my books and magazine articles and have written to me of your problem of overweight, asking for advice and help.

You Can Be Free

We are good friends, united by a strong bond—our mutual, whole-hearted interest in food. We like to think about food, prepare it, eat it, discuss it; we like to hear about it and read about it. That is why I feel sure that, in one way or another, most of you know me, and I hope that you like me as much as I like all thirty million of my first guests.

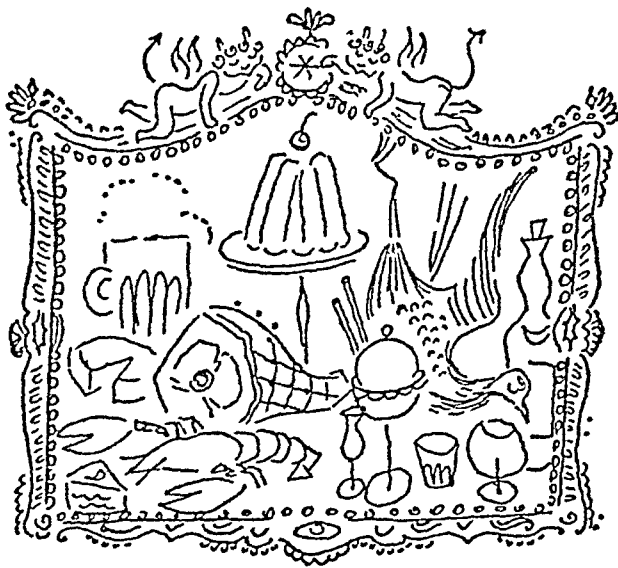
I share your love of good eating, and I understand your problem of overweight, I, myself, have never had a weight problem, but I undoubtedly would have had, if the circumstances of my life had been different, for I grew up in a family where over-eating was traditional.

When I was a boy in the Black Forest mothers took pride in 'setting a good table' and a good table often meant an overloaded one. Children were supposed to be chubby and were encouraged to eat to the bursting point. In adults, an expanding waistline was valued as evidence of an expanding bank account. I grew to be 6 feet 3½ inches, with big bones and a big appetite. I had many ambitions, one of which was to eat all the best food in the world, and I was well launched toward its fulfilment. If fate had not intervened, I surely would have followed my family pattern of big waistlines. By now, I probably would be a very big boy, weighing 300 instead of 210 pounds. I would be an expert on the penalties, instead of on the pleasures, of good eating. I would be consulting books on weight reducing, instead of writing them.

What happened? I did not lose interest in good food. Quite the contrary. I have devoted my life to it. But it happened that while still in my teens, due to serious illness, I had the opportunity to discover what good food really is.

'Eat wholesome natural food,' a wise old man in the mountains of Switzerland said to me. 'Food is life. Eat living foods.' From him I learned to love all the delicious, 'living' foods—fresh, crisp, juicy, sun-ripened, alive with strength and health and energy and body-nourishment. Under his guidance I ate my way back from the shadows of disease and death into the sunshine of buoyant, exuberant health.

Yes, I love food as much as any overweighter. I have never had a weight problem because for more than thirty years I have



Overeating often runs in families

from the Greek word *diata*, which means habitual manner of living, especially of eating, it means food and drink regularly provided. In short, according to the original meaning of the word, your diet is what you eat

But how this word changes when it issues authoritatively from the throats of the diet experts! Now it becomes Diet. The Two-Day Diet, the Two-Week Diet, the Two-Month Diet. The Meat Diet, the No-Meat Diet, the Liquid Diet, the Solid Diet. The California Diet, the Florida Diet. The Smith Diet, the Jones Diet And, of course, the Hauser Diet. What was originally a mild little word meaning 'what you eat' has become a stern, domineering word meaning 'what you *must* eat'. During the past few years, the word *diet* has been heard so much and so loudly that it has developed a severe case of self-importance.

Listen, as I have been doing lately, to the voices of the experts, including that Wonder Food man, Gayelord Hauser:

'Do you want to be healthy? Diet!'

'Do you want to be handsome? Diet!'

'Do you want to be happy? Diet!'

'Do you want to be alive? Diet!'

It sounds—does it not?—as if we were laying down the law, dictating to you, trying to frighten you into obedience, warning you to do as we say—or else. On our lips the simple word diet not only has become Diet. It sounds like Do-Or-Diet.

We do not mean it that way. If we raise our voices and wave our arms and seem to shout, 'Diet, Diet, Diet!' at you, it is not to scare or scold you but to arrest your attention. We are excited about our modern science of nutrition and the wonderful new discoveries constantly being made about food in relation to health, happiness and longevity. We want the whole world, especially our good friends the overweighters, to share our new knowledge and benefit from our new discoveries.

Nevertheless, we have been sounding less like nutritionists than like bossy authoritarians, with our continual, 'You must eat this You must not eat that' As I listened, my inner ear caught the

inevitable inward protest of thousands upon thousands of over-weighters all over the world. Men and women with minds of their own who do not relish being told what they must and must not do. I recalled the words of my correspondent—remember?—who wrote, 'I don't like the Hauser Diet. SO WHAT?' I realized that when I and the rest of the diet experts seemed to be sounding off like self-appointed policemen, telling you 'Do-Or-Diet', the deep human instinct of rebellion inside you quite often answered, most rightly and naturally, 'Try and make me.'

That, I believe, may be the reason why so many of you repeatedly have gone on and off Diets—the Two-Week, the Two-Month; the Smith, Jones, perhaps the Hauser Diet. It was fine, in the beginning; it was even pleasant, at first, to listen to the experts, obey their rules, make believe that you were a child again, guided by a voice of authority, rewarded if you ate what you were told to eat and scolded if you did not. But inside you there is a free, independent spirit which protests against this childish make-believe. Sooner or later, this spirit rebels. Each time you break one set of diet rules and launch on another, this free spirit grows more rebellious, fights harder for your right to make your own rules and control your own appetite. It is in revolt, not against eating wisely and losing weight, but against the bossy voices of insistent experts saying, 'Diet!'

We have agreed—have we not?—to stop taking the diet experts, including the expert named Gayelord Hauser, too seriously.

Now let us stop taking Diet too seriously. Let us begin eating, for a change. Let us give the puffed-up, overstuffed slogan Do-Or-Diet a dose of its own discipline, reduce it to its normal size and weight, restore it to its original meaning.

Let us put Diets, including the Hauser Diet, in their proper place. Actually, you know, there is no Hauser Diet. There never has been a Hauser Diet. In the back of this book you will find several Diets, some of which I have originated, all of which I use upon occasion and can enthusiastically recommend. I hope that you will study them and find them inviting, but there is no earthly reason why you should follow them—unless you want to. In the back of the book you will also find food lists, calorie

charts and weight tables. These are solid gold. They represent the distillation of many years of work by distinguished doctors, research scientists and nutritionists all over the world from Ragnar Berg of Sweden and Bircher-Benner of Zurich to Dr. Clive M. McCay of Cornell University and Dr. Louis Dublin of the Metropolitan Life Insurance Company. You may turn to these for reference, but there is no reason why you should. Unless you want to check your memory. For I am sure that most of you already are familiar with these lists, charts and tables and have the gist of this solid-gold knowledge well in mind.

From now on we are going to concentrate, not on reducing your weight, but on increasing your vitality. Nutritionists, including myself, have been barking up the wrong tree. 'Eat low, low caloric foods,' we have told overweighters. And millions of reducers, following our advice, have gone low, low in vitality. No wonder their weight losses have been only temporary, no wonder they soon began to 'cheat' and eat everything in sight, usually the wrong things. It is not how much you eat, but *what* you eat that concerns me. You will find to your amazement that a body well fed on good, nutritious foods slowly but surely loses its excess fat. And you will find that a lighter body, nourished entirely on those foods which build positive health, slowly but surely gains a new sense of buoyant vitality and well-being. As you build up your vitality, your 'fires' will burn brighter. This will give you more energy; your body will become warmer and your complexion rosier. And—depend upon it—you will lose excess weight slowly and steadily, much, much faster than you gained it.

No—from now on we will not do-or-die on a diet. From now on we will *live* and *eat*.

How are we going to live? According to a new philosophy which I am going to tell you about in the next chapter. I call it the philosophy of YES AND NO.

What are we going to eat? Proteins, carbohydrates, vitamins, minerals? We certainly are. Proteins for body building. Carbohydrates for energy. Vitamins for balanced body metabolism.

You Can Be Free

Minerals for strength, calm nerves and sense of well-being. We will eat them in our good meals of meat, fish, cheese, eggs, milk, whole cereals, fresh fruits and vegetables. And we will fortify our meals with supplementary vitamins and minerals. As you well know, vitamin and mineral tablets are never a substitute for food, they must be used with food to be of value. But, as you also know, much of our food today loses much valuable nutriment in the process of refining, packing, shipping and cooking. As long as this continues to be the case, it is common sense to fortify meals with supplementary vitamins and minerals.

Are we going to eat Wonder Foods—yoghurt, wheat germ, brewer's yeast, powdered skim milk, black molasses? We certainly are. There are new versions of all our wonder favourites since my last book was published, and there are exciting new wonder products, some of which you probably have not heard of until now.

For instance, there are new and interesting varieties of yoghurt on the market, and a special lean, calorie-reduced product may soon be available. A new cereal germ—corn germ—is about to be put on the market. This will stand on our shelves beside wheat germ to give variety to our breakfast foods and take its place in our new recipes. Brewer's yeast now comes in many forms; you no longer have to take heaping tablespoons of this protein and B-vitamin-rich Wonder Food, unless you want to. Nor do you have to chew brewer's yeast tablets by the handful, there is now a tasty concentrated tablet on the market, one daily gives you the important B vitamins. To our other excellent first-class protein, fat-free powdered skim milk, we can now add a fluid version—a concentrated liquid skim milk, easy to mix, the basis for many new and delicious dishes and beverages.

Speaking of beverages, now hear this. Our controversial American friend, black molasses—best-loved, best-hated, most publicized of all the Wonder Foods—now has a brother, just arrived from Europe. This is liquorice, born in the Far East and recently educated in France. You may think that you know liquorice already, but I promise you a pleasant surprise. Liquorice is big news in Paris nowadays; it can be bought in all diet

shops and pharmacies I am happy to be the one to introduce it to readers elsewhere.

Are we going to eat carbohydrates? Whole grain flours and natural sugars? Most certainly we are. We will eat all the cereal flours, full-bodied, full-flavoured and unrefined, as nature made them. Soya bean flour, also. Honey. Natural brown sugar.

And something new. Hear this. It is the best of all the good food news I have for you.

For years I have been telling you about an excellent but little-used vegetable, the Jerusalem artichoke, potato-like, nutty, delicious, low in calories—Nature's special gift to reducers. Now, because your growing interest in good, low-calorie foods has created a demand for it, that underprivileged tuber comes into its own. Further on, I am going to introduce you to a new flour and a new sweetener. Both are delicious, both are low in calories. Both are made from that miraculous little tuber, the Jerusalem artichoke.

So much for special food products. I can hear what many of you are saying to yourselves at this point. You are saying, 'Wonder Foods are wonderful. We love them. We wouldn't be without them. But we don't want to *live* on wheat germ, brewer's yeast and yoghurt. Here we are in a big, beautiful world full of delicious things to eat. Let's enjoy ourselves! A toast to the whole-wheat melba-toast ladies at the country-club breakfast he told about! Let's have popovers occasionally. With fresh butter!'

Others are saying, 'Health food products are just what he says they are—Wonder Foods. But one needs extra time to shop for these foods and patience to prepare them; extra money, in some cases, to pay for them. They are fine, if one has only oneself to consider. But we have families to feed. Our time and money are budgeted. We have guests to please, hostesses to consider, restaurant menus to cope with.'

I hear you. And I agree with you. Remember that I am no Wonder Man who lives on Wonder Food in a Wonder World of his own. Like you, I have time and money budgets, family and friends to please. When I entertain, my guests are not disappointed. When I dine out I am not a headache to my hostess.

You Can Be Free

(I had popovers at the country club breakfast, with fresh butter, and enjoyed myself.) One of my greatest pleasures is dining at good restaurants, and in the course of this book I shall take you with me to some of my favourites in the United States and Europe—world-famous dining places where we will feast on American and European delicacies. I have confessed to you my lifelong ambition to sample all the best food in the world. We will do this together. Without gaining a pound of excess weight.

‘Hey, Mister——’

Yes, I hear what you are saying.

‘Hey, Mister—we can’t do that. We are the overweighters—the men and women who weigh too much because we eat too much. The chubby, the plump, the fleshy, the puffy, the flabby, the stout. Remember us? Fat people. Big boys and girls.’

‘Yes, you are fat people. And also you are free people. Free to eat as you want to eat, live as you want to live, be as you want to be.’

Do you want to live in your real body, free from the tyranny of overweight?

Do you want to live as your real self, free from the tyranny of false appetite?

Do you want to live in your real world, free from the tyranny of strict diets?

Then listen. Not to me. You have long since discovered what I just recently have discovered. That what I and the rest of the diet experts say, no matter how loudly or earnestly or often we say it, accomplishes no lasting miracles. Forget the voice of Gayelord Hauser, the would-be Superman who sometimes falls on his face, and listen to the voice of your real self, saying, ‘You *can* be free.’

3

Yes and No



Overweighters, this book is for you—

If you have a sound body.

If you have an active and flexible mind, which likes to be used, stretched and exercised, which even likes to turn somersaults occasionally.

If you have a lively and adventurous spirit, which can go along with ideas that may or may not be orthodox, that may or may not have been proved, so long as they are headed in a forward, positive direction.

Do you qualify? Yes? Then do you want to join me in my way of eating and living? Do you want to change your appetite from a tyrant to an ally? Do you want to change yourself from a food slave to a food expert? •

What do you say? Yes? Or No?

I can hear the dialogue which is going on between the YES voice and the NO voice inside you. Listen first to your body speaking.

YES: I can change. I can get free of excess fat, begin to move energetically, breathe deeply, feel my blood singing through my veins. I can have digestive harmony, with none of my organs overworked or underactive. I can have optimum health. So help me, I can have a good figure.

NO. I can't change. Anyhow, I'm comfortable the way I am. Now listen to your mind. •••

YES: I'm in favour of change. I like the thought of being used and stretched and exercised. I want to be lively and inquiring, free from mental fat.

Yes and No

NO: I'm aganst change I'm comfortable the way I am.

And now, your spirit speaks

YES Hurray for change! I like this book! Let's get free from excess bodily, mental and spiritual fat!

NO I won't change! Throw the book in the waste-paper basket! I tell you, I'm comfortable the way I am!

Which will you follow—the YES voice or the NO? It is entirely up to you. It is none of my business, but I hope that you will follow neither one

Hear those two opposing voices Do they sound like a couple of children trying to shout each other down? YES is likeable with its bubbling enthusiasm But do you not find it over-optimistic, a bit shrill? YES would be a bouncy, over-stimulating companion, day in and day out. If you follow your YES voice I think that you will soon weary of trying to live up to it and begin longing for the sound of NO.

And how about NO? NO is gloomy, but seems to be sure of itself It insists that it is comfortable. Do you want to follow NO? Do, if you like, but I suspect you will find that NO protests too much, that inertia and resistance to change are not as comfortable as it wants you to believe If you follow your NO voice, I think you will soon be longing for the sound of YES.

Listen and you will realize that your YES voice and your NO voice are like two opposing themes in a musical composition. Played alone, each is incomplete and unsatisfying. It is when they are played together, interwoven, that they blend and break forth into full-bodied, meaningful sound. If you listen intently for the voice of your real self, you will find that it is neither the all-positive YES nor the all-negative NO. It is a blending of both. It is YES-and-NO.

This is wisdom, and I am free to say so because it is not my wisdom. It came to me from Albert Schweitzer, philosopher, theologian, doctor, humanitarian, musician—one of the great men of our time, whom I hold in reverence. After having devoured his books, I had the privilege of meeting Dr. Schweitzer and spending a day with him in the little town where he grew up —Guenzbach, near Strassburg I heard him give his matchless

interpretation of Bach on an organ specially built according to his design, in a tiny church where the world flocks to do him honour. I dined at his home and sat listening to him.

He talked of music and medicine, of philosophy and food, of good life and good living, of freedom and the future and man and God. Listening to him was one of the great experiences of my life. And, as so often happens when one is in the presence of a superior being, I remember little of what actually was said. What remains with me and always will remain is not the memory of the words that Dr. Schweitzer spoke but the echoes of his thoughts, which have continued to resound in my mind and to enrich and deepen the current of my own thinking.

Life is not all YES. It is not all NO. It is YES-and-NO. These are my words and I offer them to you confidently because they are true. But I speak them humbly because I owe them to Dr. Schweitzer. Their truth seems to me to be the very core and centre of his philosophy.

Do you like it—the YES-and-NO philosophy? Do you understand it?

Open the door of your imagination for a moment. Visualize a crossroads on the busiest highway you know. See the great stream of traffic pouring in one direction on the green light, stopping short on the red signal, while the stream pours criss-cross from the other direction. Sometimes GO. Sometimes STOP. Sometimes green. Sometimes red.

While traffic is moderate, this system works well enough. But as a crossroads grows busier there is likely to be trouble. Signals get jammed, traffic gets snarled, there are minor, sometimes major, collisions. At this point, in come the highway engineers. What do they do? You have seen it happen dozens of times. The crossroads is changed from a + to an O, from an intersection to a traffic circle. To the prohibiting GO and STOP signals are added permissive green arrows. GO cars from both directions may curve around to the right instead of coming to a halt at the centre. And the result? Traffic moves faster and more smoothly. No more jams, no more collisions. The lights are sometimes red, sometimes green, sometimes red-and-green.

Yes and No

Now, instead of GO-STOP, think of YES-NO. Nod your head YES, decisively, several times. Now shake your head firmly from side to side, NO. Now nod YES and turn your head to the left—NO—and circle back and around, rotating your head gently on its axis: YES-and-NO-and-YES-and-NO.

Relax and sit quietly for a few moments enjoying the release from tension of nerves, vertebrae and muscle bands at the back of your neck. Here, at the back of your neck, is YOUR crossroads—the crossroads between your body and your mind. Here is the intersection of your two opposing physical, mental and emotional traffic streams—the YES stream and the NO. We will say more later about this important crossroads. Right now I want you simply to continue the head exercise. Nod YES. Shake your head NO Circle YES-and-NO. Relax and sit quietly. 'Do you feel it? There is a current of vitality rising from the centre of your being upward toward the centre of your brain. This is your life current, your inner life stream. The relaxed, rotating YES-and-NO motion of your head has changed jerky, prohibiting YES-NO traffic to smooth, permissive YES-and-NO. Your blood circulation quickens and your life tide rises. Gently, quietly, your mind responds.

Perhaps the tide moves hesitantly at first. Perhaps it has been a long time—as long ago as your childhood—since you gave yourself permission to relax from decisive YES and firm NO into peaceful YES-and-NO

Repeat the rotating motion—attentively, half dreamily. Say to yourself, 'YES-and-NO-and-YES-and-NO. . . .'

Now do you feel it?

Accept it. It is yours. It will never leave you. It is the calm, steady flowing of your inner life force, telling you, 'All is well.'

4

Mental Somersault



Stand on your head and read page 31. (It is your only opportunity for strenuous exercise in this entire book) Or turn the book upside down, if you prefer.

However you do it, read page 31 right now. Take a good look at our big supercolossal collection of theories, beliefs, ideas, clichés, misconceptions and old wives' tales about reducing.

Have you read them? Now, listen: They are outdated, old-fashioned, exploded and meaningless. They are all upside down.

Once upon a time, when medical science was younger, when psychiatry was unborn; when nutritional science was unheard of and only rich people could afford to overeat—these and similar ideas were considered valid. Nowadays they have been contradicted repeatedly and authoritatively by psychiatrists, psychologists, nutritionists, dietitians and physical therapists; and by doctors and research scientists specializing in the subject of overweight.

Yet for some reason (perhaps because they constitute good alibis) these and similar tag ends of outworn thinking still tend to muddle our minds, play havoc with our good common sense and undermine our resolution to reduce.

Read the list over carefully and pick out your favourites—the ones you have been allowing yourself to use as an excuse or an alibi or a rationalization for your excess pounds. You think you have not been taken in by any of these? Be honest. Perhaps your own pet clichés are not on the list, but you have some, I assure you. Some outdated old theory or dreary old fear or tired old

superstition has been milling around in your mind, confusing your YES and NO signals with regard to banana cream pie and chocolate fudge and second helpings, thwarting your natural desire to look and feel your best—in other words, to achieve and maintain your ideal weight

But the whole subject of reducing has changed and 'come of age' during the past few years. Reducing can no longer be dismissed as a fad. It has come out of the beauty parlour and the comic strips and taken its place in the field of preventive medicine. Life insurance companies have made the hazards of overweight a matter of general knowledge. Medical science, psychiatry and nutritional science have trained their big guns on this once-underestimated Public Enemy, and the result is a new scientific approach to the subject of reducing and much new knowledge as to the causes, hazards and cures of overweight. As we go along, we will learn for ourselves the gist of this new knowledge, and discover why each of the misconceptions on page 31 has been outdated and turned upside down.

Do you want to live in your real body, free from the tyranny of fat? You can do it. Take one last, good look at all the reasons why you 'can't' do it. Now, turn them upside down—forever.

MY FAT IS GLANDULAR. NOTHING CAN BE DONE ABOUT IT
I'M FAT BECAUSE MY METABOLISM IS SLOWER THAN OTHER
PEOPLE'S
I EAT LIKE A BIRD, BUT EVERYTHING I EAT TURNS TO FAT
I ABSORB MY FOOD MORE COMPLETELY THAN THIN PEOPLE DO
THE WAY TO REDUCE IS TO STOP DRINKING WATER
THE WAY TO REDUCE IS TO EXERCISE VIOLENTLY
THE WAY TO REDUCE IS TO GO ON A STARVATION DIET
IT'S NOT SAFE TO REDUCE; IT LOWERS YOUR VITALITY
IT'S NOT SAFE TO REDUCE, IT LOWERS YOUR RESISTANCE TO
DISEASE
REDUCING MAKES YOU HAGGARD, TIRED, IRRITABLE, DEPRESSED
I'M BOUND TO BE FAT; IT RUNS IN MY FAMILY
FAT MEN LOOK SUCCESSFUL, PROSPEROUS, IMPORTANT
FAT PEOPLE ARE HEARTY AND ENERGETIC; JOLLY, HAPPY,
RELAXED
FAT WOMEN ARE VOLUPTUOUS
FAT MEN MAKE GOOD HUSBANDS
IT'S NATURAL FOR A WOMAN TO GAIN WEIGHT AFTER SHE
HAS CHILDREN
IT'S NATURAL FOR MEN AND WOMEN TO GAIN WEIGHT AFTER
MIDDLE AGE
ETC., ETC.

5

Your Real Body



You are a free, adult human being entitled to life, liberty and the pursuit of happiness. You are reasonably healthy, reasonably active, reasonably good-looking.

But you are overweight. You do not live and move freely. You are carrying ten, twenty, thirty, forty, fifty pounds of excess baggage.

Now you are going to emancipate yourself and take possession of your own, unhampered body.

As you probably know, the life insurance companies have given us charts which are now universally accepted as the standard for ideal weight for good health, good looks and a long and active life. This is approximately the weight that is right for you—that is, for a person of your sex, height and bone structure—at the age of full maturity, twenty-five. If you do not know what that is, find it now on the Metropolitan Life Insurance Company chart on pages 297-8.

‘You know your ideal weight?’

Good. That is about what you want to weigh. Fix it in your mind and forget your present weight entirely. Ignore your bathroom scale. It does not matter what your weight *is*. You know *what you want it to be*.

‘Ignore your extra chins and jowls and bulges and bay windows. Stop seeing the fat person. From now on, when you stand before the mirror, look for the slender man or woman who will, little by little, begin to be reflected there.’

Your Real Body

You are at home now. You are where you want to be, living in your *real* body, the firm, slender, supple body you were born to have

Now—pack up all the curiosity you possess. Open wide your mind's eye and the door of your imagination. Come along on a sightseeing trip with me.

Are you ready? Just a moment. You will need a pair of X-ray glasses. Now—all set? I am going to show you your real body. As we go along, I will tell you what effect excess weight can have on this wonderful, God-given body of yours. And I believe that once you have visualized and begun to understand and appreciate the miracle that is YOU, you will never again have any desire to overeat.

YOUR STRUCTURAL BODY

Everybody can visualize the skeleton. (Perhaps you have one in your closet) What I want you to do now is to 'see' *your own* skeleton—the warm, vibrant, living armature on which the Master Sculptor has constructed, with flesh and blood for clay, the masterpiece, YOU. It is far more interesting than the rattling armful of dry, chalky bones so familiar to anatomy classes, art students and to all of us at Hallowe'en. Anything but ghostly, it is *very* much alive.

Your skeleton is composed of 206 bones—count 'em. They are pinkish-white on the outside; deep red inside. Their surface is very dense in structure and very hard. Examine them closely, however, and you will see that they are full of minute openings through which intertwine the living network of arteries, veins, nerves and connective tissues which activate and sustain them. Inside the bones is spongy lattice-work containing bone marrow—fat and tissue engaged in the production of blood. Your bones contain living cells, which determine their tenacity and elasticity, and mineral component (calcium phosphate and calcium carbonate), which gives bones their hardness and rigidity. You know how light your bones are, but have you any idea of their strength

Your Real Body

It has been calculated that bone, weight for weight, is about as efficient as steel

Visualize your spine When you do, you automatically 'brace up', do you not? It is not by accident that we speak of moral strength as 'backbone', of weakness as 'spinelessness', that we call an honest person 'upright' or 'straight'. It is your spine that makes you superior to the lower animals, or invertebrates. It is your erect backbone, plus your well-developed hand (particularly the thumb), that makes you superior to the higher animals Be proud of your spine and bid it carry your head high, it has been called the physical embodiment of character.

Visualize a flexible column a bit over two feet long, consisting of thirty-three separate vertebrae—cylindrical bones all containing a central canal and strung on the spinal cord, almost like beads of a necklace. Almost, but not quite—since the support which holds the vertebrae together is not the spinal cord running through them but the ligaments which run along their outside, and the very close fit which they have upon each other, due to the presence, between each vertebra and the next, of a spongy, elastic circle of cartilage called a spinal disc The fact that the vertebrae are so separated gives the spine its remarkable flexibility and helps it absorb shocks, such as the impact of the body weight hitting the ground with each step in walking

Let us begin our tale at your tail The lowest four vertebrae are fused into one bone, the coccyx, or vestigial tail, whose office is to close the floor of the pelvis. By the time you are twenty-five years old, the next five vertebrae also have been fused to become the sacrum or 'sacred bone'—so called because at one time this was thought to be the seat of the soul Next come the five lumbar vertebrae which support the abdominal organs; next the twelve dorsal vertebrae, to which the ribs are attached; and at the top are the seven cervical vertebrae, which I have saved for the last because they particularly concern us

Turn your head to the left—NO. And to the right—NO. Nod it up and down—YES. Now rotate your head slowly—YES-and-NO, YES-and-NO—as you did at the end of Chapter III. How is it that you are able to do this? Because of those seven cervical

vertebrae, particularly the last two—the topmost, or atlas vertebra, named after the mythological giant who supported the globe (in this case, your skull), and, just under it, the axis vertebra, so called because your head turns on it as the earth turns on its axis

Here, as we have said, is the crossroads between your body and your mind. Here, in these bones, muscles and nerve cells, is where, in time of danger, you instinctively thrust forward to initiate action or draw back to defend yourself—GO-STOP, FIGHT-FLIGHT. Here, in the simple gesture of nodding your head or shaking it, is where you register your opinions, reactions and decisions—YES-NO, YES-and-NO. Is it any wonder that human beings, who so often are tense, confused and flooded with conflicting desires (in other words, whose YES-NO signals get jammed at the crossroads), so often suffer from stiff neck?

Now we have reached your skull. Its top part (cranium) is the container for that vast and powerful organ, your brain. It is egg-shaped, but it is no eggshell. It is one of the toughest bone structures you have, and, though it gives the impression of surface smoothness, it is a complex jigsaw puzzle of eight different bones, fitted together with incredible precision. The lower part of the skull is the part organized for the purpose of eating—mostly cheekbones and jaws. It is interesting that the teeth are not considered a part of the skeleton, but, like the fingernails, are derived from body cells related to those which produce skin.

Attached to the spine is the bone framework of the chest—twelve pairs of ribs and the breastbone, which form a protective cage for the heart and lungs and give the latter 'house-room' to expand and contract during breathing.

The bone structure of arms and legs is basically the same—a single long bone (upper arm, thigh) and a pair of bones (forearm, leg) to which are attached the hand and foot. Both extremities are fastened to the spinal column by special bones of their own—the shoulder blades (scapulae) for the arms and the pelvis for the legs. You can easily visualize your joints and the 'ball-and-socket' principle on which they are constructed, giving you freedom of movement and activity. But stop a moment to pay homage to your two forearm bones, the radius and ulna, whose

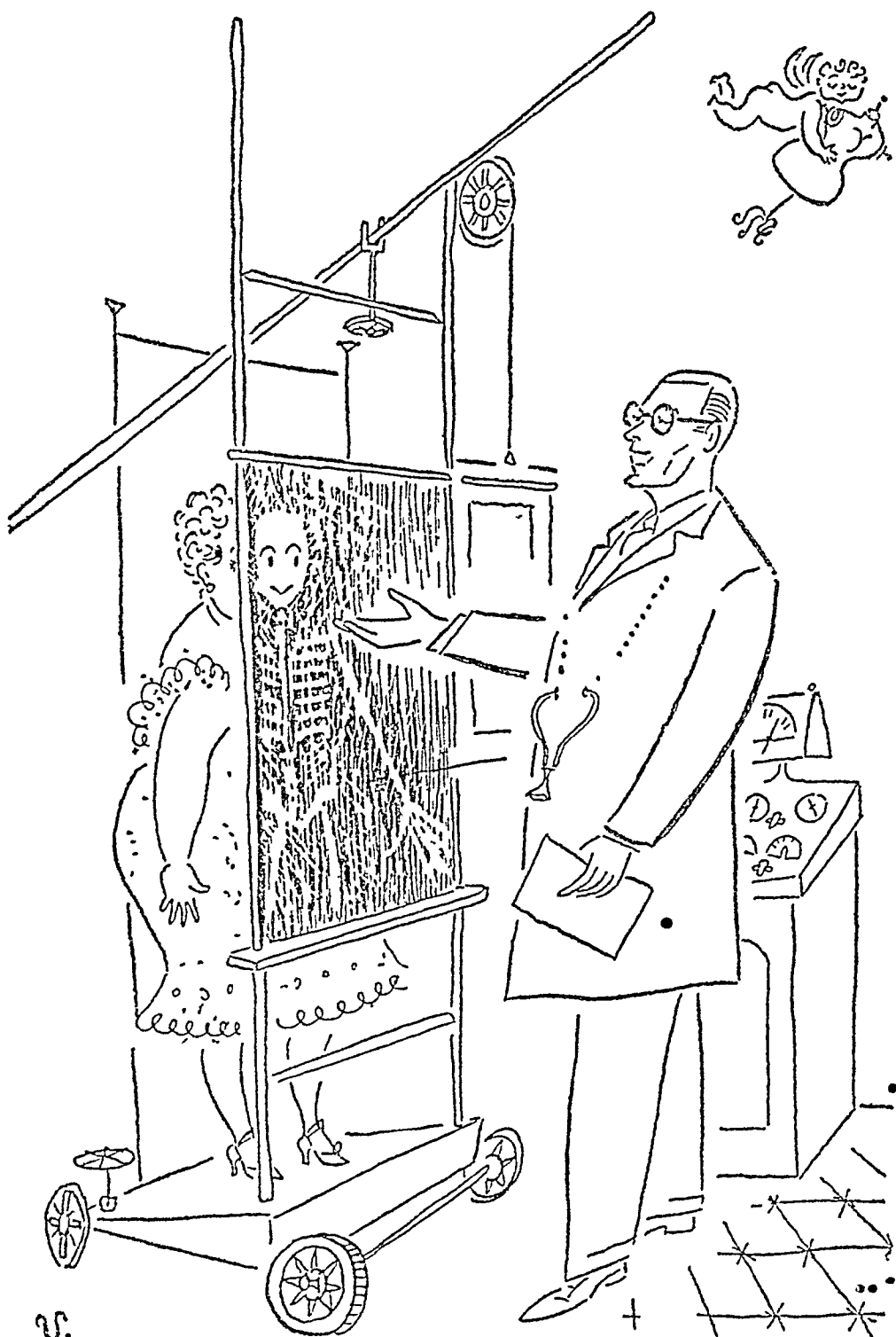
Your Real Body

rotation around each other allows for the extra action-capacity of your hand. There is evidence that, in the course of evolution, the exploring function of the ape's hand was one of the major factors in the development of the higher centres of the brain, contained in the cerebral cortex. This started something. evolutionary scientists tell us. It led to the development of the human animal, man, and eventually of civilization and culture—all of which are the result of co-ordination of the hand with the brain, of using the hand for intelligent purposes.

Now—as to the relation of the skeletal system to overweight, the news is yes-and-no. The major functions of the skeleton are not affected by excess poundage. From the outside, you may have become a fat person, but structurally you are still pretty much the same, in fact, in youth even extreme obesity can be borne by the skeleton without particular difficulty. After middle years, however, the stress of overweight can make itself felt, especially in the spinal column and particularly in the cartilage discs between the vertebrae. As we have seen, the skeleton consists of mineral component and cellular component, and as we grow older there tends, in everyone, to be decreased proportion of cellular component, resulting in increased brittleness and vulnerability. Our spinal discs tend to deteriorate even earlier than the bone proper, and the stress of increased weight can make itself felt by an ache in the small of the back that may extend to include the whole spinal column. Doctors find this back pain so common as to be almost predictable, depending upon the age of the person and the degree of overweight. Also they find that excess weight may increase the strain on lumbar and dorsal vertebrae and tend to make shoulders curve forward. Moreover, it stands to reason that where orthopaedic weakness exists (in the arches of the feet, for instance) extra pounds mean extra pressure.

“ “ YOUR MUSCULAR BODY

With the mental picture of your skeleton in mind, follow with me the handiwork of the Master Sculptor who has fashioned on



‘But, madam, you still have the bones of an eighteen-year-old’

this framework (helpless in itself) the glistening forms of reddish muscular clay that give it shapeliness and make it capable of movement. Two materials have been used—muscle fibres and connective tissue. Muscles, generally speaking, are of two kinds—voluntary and involuntary. The voluntary muscles perform as your conscious mind directs them, ache when you are bruised, rest when you rest. These have been attached to your bony armature in broad or narrow bands or criss-cross like basket-work. They are the instruments of your power, strength, skill, mobility and self-defence.

Stop reading for a moment and clench your hands, feet and jaws; wrinkle your forehead and tense your belly and buttocks. Then let yourself relax. You have just brought into play virtually your entire equipment of voluntary muscles, and these muscles, incidentally, constitute 42 per cent of your body weight.

How would you like to give your involuntary muscles a similar workout? Sorry. It cannot be done (unless you happen to be a Yogi). Hidden deeply in the recesses of your body structure, these muscles are entirely controlled by your involuntary nervous system. You can neither set them in motion nor stop them, though they are responsible for all your internal bodily activity except chemical action. You cannot relax or regulate them, for they relax and regulate themselves, independent of your will. Throughout your life their steady contraction-and-release is slow, rhythmic and perpetual, pushing food through your digestive tract, milking body fluids and glandular secretions along to their appointed destinations, moving your bloodstream and collecting and disposing of waste material. You yourself are unaware of their action unless something gets blocked—a kidney stone in the ureter, for example—in which case you feel rhythmic pain as the muscle strains to dislodge the obstruction. No—I take that back. There is one normal and natural way in which you may become aware of the action of your involuntary muscles. This is in the 'hunger contractions' of the empty stomach.

Just as your skeleton would be useless without its muscular 'clay', so would your muscles be useless without their 'cement' of connective tissue. What you think of as a muscle actually is

• Your Real Body

a bundle of muscle fibres bound together in sheaths of connective tissue. Muscles, in turn, are fastened to your bones by more connective tissue in the form of tendons and bursae (little bags filled with semi-fluid material which serve as pulleys at some of your joints). Bones are joined to other bones by connective tissue in the form of ligaments. Connective tissue fibres, knitted into open webbing, form the groundwork for the construction of your skin and membranes. Spread out into great flat sheets, connective tissue wraps your viscera, heart and lungs in a strong winding-cloth; it forms a large part of the wall of the digestive tract and lines the entire body cavity with a firm, elastic underpinning. When I speak of the 'natural corset' which my Stomach Lift exercise (page 167) helps you to develop, I am talking about connective tissue.

Look closely at this white, fibrous, meshlike connective tissue which everywhere underlies the surface of your body and dips down between the muscles and wraps your nerves and blood vessels—joining, confining, upholding and sustaining. It is of great importance that you understand and ponder this picture, that you become acutely aware of this all-pervading cement which holds together the many and varied structures of your body. Why? Because these layers of connective tissue are natural and convenient repositories of fat. Normally supplied with fat, they give your body smoothness, contour and overall symmetry. But, swollen with enormous amounts of accumulated *excess* fat, connective tissues can alter in structure and become lopsided ungainly 'fatties' in their own right—composed entirely of oil, with no room for muscle fibres or fluid. In other words, connective tissue, thus overloaded, loses its strength and elasticity and changes into *adipose* tissue, which is nothing but another name for—you've guessed it—LARD.

Your real body, if you are a man, is composed of 20 per cent fat (in a woman the percentage is somewhat higher), distributed widely and skilfully throughout its connective tissues. Fat is present in varying degrees in the connective tissue of your skin and mucous membranes. It forms the protective cushions on the soles of your feet and the palms of your hands. There is a great

deal of fat in the female breast, and some around all the muscles, particularly those of the buttocks; around the digestive organs and kidneys and in the muscle-grooves of the heart. Are you visualizing all this as we go along? Please do, and then visualize how and where your normal elastic connective tissue, swollen and distended into lard-like adipose tissue, can strain, weaken and distort the structures of your real, God-fashioned body. Once you comprehend this clearly, I believe that you will never again be willing to overeat

In the development of the body from its early embryonic state, certain weak points are left, which Nature has taken care to protect with a specially firm sheet of connective tissue. Weakening of this covering by adipose tissue, plus the extra stress of overweight, can play a part in a fairly common disability—hernia, which is a pushing out of the organs contained in the body cavity. Because of the difficulty and risk of surgical operation in overweight people, this can constitute a real problem. Need I say more about this, or about all the other areas where adipose tissue, at the same time that it weakens the body's natural support, subjects it to extra stress and strain?

I do want to speak of two more things, however, before we leave the muscular body, and these are fatigue and muscle tension. In Chapter IV we upset the popular misconceptions that fat people are hearty and energetic, also that they are jolly, happy and relaxed.

Far from being hearty and energetic, fat people tend to have less than average endurance and suffer more than average muscular fatigue. How could it be otherwise? Try carrying two twenty-five-pound suitcases down a few streets, and hear your muscles' groan of relief when you set them down. The overweight person constantly is labouring under just such a muscular overload.

Nor are fat people, in spite of the popular assumption, jolly, happy or relaxed. More often they are unhappy and bored, with a tendency to depression and drowsiness. Far from being relaxed, they live in a state of emotional tension—no less severe because it is largely unconscious. They are fat because they overeat, and

they overeat because they are unsatisfied. They want something they haven't got. What is it? How can they get it? By doing this—or that? By choosing which alternative—YES or NO? Their prolonged inner conflict, by keeping their muscles tensed in a state of continual preparation for activity, results in generalized muscular aches and pains, including, in some cases, the pain of arthritis of the spine which is rather common in overweight, and which in milder cases often is due as much to the induced muscle tension as it is to the swelling of the joint.

Now tension is nothing but excess effort, it causes muscles to jam and constrict. To learn to relax, you must first learn to recognize tension; you must find where it is, deliberately produce *more* tension, and then let the muscles relax and continue to relax automatically, as they are constructed to do. This is the physiological basis of my YES-and-NO exercise for relaxing the back of the neck, which I will tell you more about later on, and which, though I recommend it to everyone, I have found particularly helpful to people who are experiencing the YES-and-NO tensions of reducing

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YOUR DIGESTIVE SYSTEM

For years I have been saying, 'You *are* what you eat.' Now I invite you to see for yourself exactly what this means. Imagine that you are standing outside your body, wearing your X-ray glasses and watching that amazing, completely automatic chemical plant, your digestive system, in operation. You are watching what you eat become YOU.

You'll have to make a day of it. What you eat is still being digested by your small intestine eight or nine hours after being swallowed and may remain in the large intestine at least ten (or as long as forty) hours after that. Ready? All right. First, a few general remarks

Your body needs energy for operation, and building blocks for repair of structures involved in its operation. To supply this energy and these building blocks, you must eat, and, as the old

jungle has it, 'there's nothing to eat but food'. But food, as it is, won't nourish you. It must first be changed into the smaller building blocks (glucose, amino acids, fatty acids and glycerine) which can pass through the narrow portals of the intestinal wall. These changes take place in the digestive tract, which has the following functions: to take in food, to break down the more complex foodstuffs into small particles by (1) mechanical and (2) chemical processes, to assimilate these particles, store them, and finally eliminate from the body undigested waste material. The digestive system consists of (1) the alimentary canal, through which food passes while it is being processed and (2) the accessory glands (liver and pancreas) which aid this digestion.

Your alimentary canal, a hollow tube which begins with the mouth and ends with the rectum, is anywhere from twenty-five to thirty feet long. In other words, it is more than five times as long as you are. While you are 'digesting' this remarkable fact, here comes another: the inner lining of your small intestine, because of the way it is made, presents an absorptive surface of well over one hundred square feet (You probably know night-clubs whose dance floor is not much bigger)

Actually, your alimentary canal is composed of four tubes, one inside the other. The innermost tube, called the mucosa, supplies many of the glands which produce the digestive juices (there are 35,000,000 of these glands in the stomach alone) and also contains the blood vessels into which the food is finally absorbed. The next tube, proceeding outward, is the submucosa, composed of connective tissue and mainly protective and supporting. Outside of this is the muscular coat, with smooth muscle fibres running both circularly and longitudinally. This allows the two basic types of motion to grind up and mix food with the digestive juices, and the long sweeping wormlike 'peristaltic' waves which move food down along the tract. The outermost layer, called the serosa, is smooth, glistening, connective tissue, continuous with the lining of the body cavity.

Now, watch. Food goes into your mouth, which bites it off and grinds it into pieces small enough to swallow. Digestion starts here, in the action of saliva which contains an enzyme called

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ptyalin. (There are twenty or more digestive enzymes, agents which promote chemical reactions without themselves being changed.) Ptyalin converts starch partway into sugar, that is why when you chew up a piece of bread it begins to taste sweet; it is also one reason why you are urged to chew food well.

The tongue pushes the food into the pharynx (back of the throat). While you are eating, the soft palate rises to close the nasal passages, and the lid-like epiglottis drops to close off the entrance to the lungs, so you won't choke. Now the food is propelled by muscular contractions down the ten-inch-long oesophagus and into the stomach. If you have overeaten and feel 'stuffed', I'll tell you why the stomach has had all it can hold, the valve at its entrance has closed, and food is massed in the oesophagus.

Now the food has reached the stomach, which lies under your left rib margin, not in the centre of the abdomen, as often is supposed. Empty, the stomach is more or less tube-shaped and rather small, distended by food, it is pear-shaped and has a capacity of one to one-and-a-half quarts. Its functions are storage, mechanical mixing and chemical digestion. It operates like a churn, producing three wave-like motions a minute. Tea, coffee and broth pass through the stomach almost as soon as they are swallowed. Milk takes somewhat longer, it gets mixed with rennin which curdles it for digestibility. Thin cereal may pass through in two to three hours; a heavy dinner may linger six hours. The digestion of protein goes on apace in the stomach, that explains why bulky vegetables and fats 'stay with you longer' than most proteins; they do, literally, stay longer in the stomach. Stomach activity reaches its peak about two hours after you have eaten, in about four hours' time you begin to feel the 'hunger contractions' which tell you it is getting empty. (This is why I urge reducers to eat between meals and give the stomach no chance to feel sorry for itself.)

From the stomach, food passes into the small intestine, which is certainly one of the most wonderful parts of the human body. It is more than twenty feet long. Its actions are both mechanical and chemical. If you have had a hearty meal, the small intestine

is in for five or six hours' ceaseless activity—squeezing shut to break food into smaller and smaller bits, churning it, moving it by peristalsis along the tract. The innermost lining of this intestine has rough, ridge-like folds covered with millions of tiny hair-like protuberances called 'villi'; this provides the huge surface area I mentioned, necessary for the body to absorb all the food it needs, either directly into the bloodstream or (especially in the case of fats) into the small canals called lymphatics which then empty into the bloodstream.

Now take a side glance at your liver and pancreas which went into action the instant food began passing through the pylorus, or gate, between the stomach and the duodenum (the first nine inches of the small intestine). The secretions of the stomach are acid, of the intestine, alkaline. To achieve this acid-to-alkaline change, the liver pours in bile. The pancreas also helps and the intestine itself secretes alkaline fluid. The food, as it has been travelling along hour after hour, has been churned and mixed into a sudsy froth, by the end of its twenty-foot journey, almost all that is usable has been absorbed into your body. It has been transformed into the four essentials of life: glucose, amino acids, fatty acids and glycerine. The fatty acids and glycerine have been picked up by the hair-like villi and passed into the lymphatic system, glucose and amino acids have been passed through the intestinal wall, picked up by the blood and carried to the liver. Each of your body cells knows what it needs—to build skin and hair cells, repair muscles, kidneys, etc.—and picks it up in exactly the right combinations from the bloodstream. The miracle has happened—your food has become *YOU*.

What is left? Waste products—dead bacteria, shed cells, mucous and indigestible cellulose such as vegetable fibres, peel, seeds. Still in very fluid form this passes into the large intestine (between five and six feet long) where it is compressed into faeces, thus saving the body water that would otherwise escape (as in diarrhoea) and lead to body dehydration. The large intestine takes its time over this—ten to forty hours.

Now note this well. As I said, by the time the contents of the small intestine reach the large intestine almost all the potentially

usable food content has been absorbed into the body. I repeat this because it is important to you overweighters; it upsets forever the out-dated theory that the fat person is fat because he absorbs more of the food he eats than does the thin person. No matter whether you eat like a bird or only think you do, no matter what you weigh, your digestive system works with the same marvellous efficiency which you have seen in progress. It absorbs just about everything that can be utilized.

YOUR CIRCULATORY SYSTEM

Perhaps the best way to appreciate the wonders of your circulatory system is to think of your body lying flat and of yourself looking down on it as you might look at a familiar country on an outspread colour map, studying its rivers and streams. You will see three rivers—one bright red, one dark red (almost black), one white—sometimes running parallel, sometimes intertwined, all traversing the entire country of your body, each intent on its own commerce, yet all three emptying at certain places into one another.

See your bright-red arterial stream spurt along, full of force and vitality, rising in the large aorta of the heart, coursing through smaller and smaller arteries, dwindling at last, just under all your body surfaces, into tiny networks of tributaries called the capillaries. It carries foodstuffs, oxygen to burn them, hormones and repair material, also, it maintains your body's even temperature and warm, healthy glow. This is your River of Life. Its capillaries flow into the venous stream, which, through veins that coalesce to become ever larger and larger, ebbs back toward the heart. Heavy with waste products, its haemoglobin black with the carbon dioxide (smoke) from burned foodstuffs, the venous stream accurately has been called your River Styx. And the third—the lymphatic stream. White though it is, it transports an even denser cargo of debris than the venous river. Think of it as your body's drainage canal.

Now for a breath-taking experience. Put on your X-ray glasses,

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and look into your heart—a hollow muscular organ, just a bit larger than your clenched fist, lying behind the lower part of your breastbone, a little toward the left. You will see four chambers—two auricles above, two ventricles below. The auricle and ventricle on the left side are filled with bright red arterial blood, the right auricle and ventricle are dark with venous blood. Both your auricles and the right ventricle are thin-walled chambers, but the muscular walls of the left ventricle are about three times thicker than those of the right and develop pressure six times greater—and soon you will understand why. Your auricles receive blood, force it through very efficient valves into the ventricles, which contract their walls to send it out again—bright blood from the left, which goes to the body for maintenance, dark blood from the right, which goes to the lungs for purification. Both ventricles contract together and when they do it sends a throbbing wave through your every artery and capillary. This occurs sixty to seventy times every minute of your life if you are in good health, and you know it as your pulse beat.

Now, see what happens. Pure, sparkling, oxygen-laden blood, entering the left auricle from the lungs, flows into the left ventricle and is pumped—whoosh!—through the arteries to the capillaries of your head, toes, fingertips and everywhere in between. (Quite a distance. No wonder the left ventricle needs those extra-powerful muscular walls.) Reaching the venous stream, the arterial river empties into the venous capillaries and turns back heartward. At the upper part of your chest, the white lymphatic stream, fed from tissues all over your body, dumps its entire contents. It has been washing your tissue spaces in a sort of bath of nutrient, and into your venous river, already heavy with waste material, it empties its dishwater. Dirty and black now, the venous river reaches the right auricle of the heart, passes into the right ventricle, which pumps it back into the lungs, from which—presto!—bright and sparkling again from oxygen, it goes back to the left auricle and instantly begins all over again.

What has happened? Your bloodstreams have travelled your entire body. How long did this take? Less than two minutes by

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your watch. What you have just witnessed happens thirty times every hour, every hour of your life.

This is an over-simple description of an intricate miracle I have hoped, by giving it to you in such swift simplicity, to quicken your heartbeat, as it were, with wonder at the magnificent virtuosity of the liquid YOU. I want you to become particularly aware of the performance of your circulatory system because it is as much affected by overweight as any of your body processes, and more affected than most of them. Ten, twenty, thirty, forty, fifty pounds of excess weight have no known effect on the heart muscle itself, but they put a terrific burden on the circulatory system. To see why, let us look more closely at your bloodstream and the tubes which carry it along.

There are about ten pints of blood and plasma in your body, and this represents about 10 per cent of your body weight. Blood consists of liquid plasma and cells, or corpuscles—the red ones which transport oxygen and the white corpuscles which combat infection. Lymph is blood plasma minus red corpuscles; that is why it is white. Your heart pumps five quarts of blood a minute through the circulatory system at rest, and as many as twenty-five quarts a minute during exercise or exertion.

The tubes which carry your blood and lymph are similar in structure to your other body tubes—the alimentary canal, for instance, with which you already have become familiar. That is, they consist of tubes-within-tubes—in this case three: an inner tube of tissue-like cellular membrane, a middle tube of involuntary muscle fibre, a strong protecting outer coat of connective tissue. Like your other body tubes, they are controlled by the switchboard of your central nervous system, and when this operates smoothly, all goes well with your blood circulation. Let the different telephone exchanges disagree, however, and send contradictory YES-NO orders from brain to heart about the amount of blood needed in different organs, muscles and glands, and your whole body feels the effect of the quarrel. ❧

You have witnessed how hard and ceaselessly your circulatory system works to keep your entire body nourished and repaired. I hardly need tell you what mischief can result when this work is

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made harder by the stress and strain of excess weight. Here are a few facts: diabetes is three times as common in overweight people, gall-bladder disease, kidney disease and operative complications and mortality all are about twice as common in overweight as in normal weight individuals. To put it the other way round, do you know about the discovery that the life expectancy of a person goes *up* when he maintains his weight at 10 per cent *under* the so-called 'normal' figure?

Now let us look at diseases specifically related to veins and arteries. The veins are far more vulnerable in the overweight person; it is well known that fat people are more subject to varicose veins, and that the disabling and painful vein infection, phlebitis, is so much more common in people with overweight that it is thought that overweight is an important factor in its production.

Next, let us look at hypertension, or high blood pressure. For reasons that are not yet clear, overweight predisposes to high blood pressure, and probably the most simple effective treatment of hypertension is the reduction of any overweight the person may have. This not only helps take some of the burden off a heart labouring under a great load, but in many cases results in considerable lowering of the blood pressure, even to normal levels.

Finally, let us look at the work that has been done in the field of arteriosclerosis, or hardening of the arteries. This is not really hardening, but rather a loss of elasticity, which had long been felt to be a normal aspect of the ageing process. But it has been found present in some babies and completely absent in some spry people in their eighties. Recent work suggests that it may be separated from ageing and constitute a disease in itself—a disease characterized by the deposition of extra cholesterol, a particular kind of fatty substance, in the innermost lining of the artery. As more cholesterol is deposited, this lining becomes raised and thickened, interfering with the passage of blood to the organs the arteries supply, most seriously the heart and brain, where interference with blood supply can cause heart disease and softening of the brain and from which coronary and cerebral

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thrombosis can result—two accidents which result in half the deaths in America today.

Now the question is what causes the deposition of the cholesterol in some people and not in others. As we have seen, age is not the only factor. Whatever the cause, it is known that where the amount of cholesterol in the blood is higher than normal, arteriosclerosis is far more common. Striking evidence that high cholesterol deposit may be related to overweight comes from a study done in Norway where comparison was made between deaths from coronary thrombosis in the years just before and during World War II. Despite the far greater strain of the war years, the incidence of coronary thrombosis fell off tremendously, and this *in the presence of severe undernutrition*. The conclusion has tentatively been drawn that it was precisely this undernutrition, which resulted in the falling off of arteriosclerosis, and this raises the fascinating possibility that even our present standards of 'normal' weight may be higher than is optimal for health and longevity. We have noted that by training down to a weight that is 10 per cent below the standard, a person can raise his life expectancy. Is it possible that most of the well-covered are overfed and overweight—even our so-called normals? The growing problem of arteriosclerosis makes this a matter of tremendous importance. Needless to say, this is not yet clearly enough established so that doctors can advise everyone to be underweight. But that time may come, and meanwhile it is something very interesting to think about.

YOUR RESPIRATORY SYSTEM

'And the Lord God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living soul.'

Now the work of the Master Sculptor is completed. He has shared with you His own Being, which means the power of constantly transforming death into life, replacing used, dead blood cells with newborn live ones, exchanging death-dealing,

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carbon dioxide for life-bringing oxygen. He has made you self-sustaining, self-healing, self-regenerating, self-resurrecting. Stop and think about your breath for a moment, inhaling and exhaling regularly. Has it ever occurred to you that with every breath you draw, throughout your entire life, your body re-enacts the mystery of Easter?

I think I hear you sigh with wonder, or give a small gasp of awe, at this concept of your breath of life as initiating a continuous process of death and resurrection. Am I right? Then sustain awe and wonder with me as we look to see what happens whenever you sigh, gasp, or simply inhale and exhale regularly.

Air (oxygen) is taken into your nasal cavities, where it is warmed by contact with the warm vascular structures of the nasopharynx and cleaned by the hairs at the entrance to the nose and by the very tiny hairs deeper inside it. Mucous cells in the nose help humidify the air to make it more acceptable and less irritating to the more delicate structures inside the chest. Passing through the nasal passages the air enters the pharynx, a fibromuscular structure about five inches long, through which, as we have seen, your food also passes. Now air and food passages separate, food continuing down the oesophagus at the back of the throat and air entering the larynx or voice box at the front of the neck (from the outside, this is seen as your Adam's apple). Next, air proceeds into the trachea or windpipe, an elastic tube about five inches long, about as big round as your index finger. Behind the important Angle of Louis, the bump on your breastbone, the windpipe branches into the two main bronchi and thence into the much smaller bronchioles which divide into small ducts that lead into the lungs proper—large, spongy half-cones occupying the chest and consisting entirely of alveoli or air sacs, so called because they resemble a bunch of grapes and *alveolus* means bunch of grapes in Latin. The walls of the alveoli are a busy network of capillaries through which your blood cells continually hurry in single file, giving off carbon dioxide and then taking up the oxygen you have just inhaled.

As you breathed in, your diaphragm, a large flat muscle separating your chest from your abdomen, contracted, moving itself

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somewhat downward, thereby increasing the capacity of the chest. Also, your ribs rose from a sloping to a more horizontal position, increasing the front-to-back diameter of your chest. It was this creation of a partial vacuum in the chest, followed by the rush of air, which filled the alveoli of your lungs. For exhalation, your diaphragm relaxed and was pushed upwards by your abdominal viscera, the ribs returned to their former position. And thus your breath (now carbon dioxide) was squeezed out of the alveoli and into the conducting tubes and out into the world again. (You know, I am sure, of the wonderful way in which animals—including man—share the air with plants, interdependently. In animals, oxygen is breathed in to burn up carbon and be breathed out again in the form of carbon dioxide. Plants do just the opposite: by 'photosynthesis' they take the carbon dioxide from the air, use it to form carbohydrate, and give off oxygen.)

All right. You have drawn breath and released it. Now watch the way your circulatory and respiratory systems combine in your best interests. Every living cell in your body—organs, glands, tissues, bones—must do what you are doing. It must breathe and keep on breathing. That is, it must maintain constant interchange of health-giving oxygen and death-dealing carbon dioxide. In those moist, membranous air-filled sponges—your lungs—is accomplished this transfer of the two gases in and out of the solution in the bloodstream. Your lungs have breathed the breath of life on every drop of bright red blood in your arterial stream. Moreover, the suction of your breathing is felt by all the branches of your venous system, whose muscular walls need the extra power of this suction to return their dark blood from the peripheral tissues of your heart. And think especially of this: to perfectly do the speeding and slowing of your respiration, the shallowness and depth of it, respond to your various *emotional* states that they transmit your every mood and temper to the remotest recesses of every one of your bodily structures.

You have seen, in this personally conducted tour of your real body, that your bony frame and muscular structures are YOU,

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your food becomes YOU, your blood is the liquid YOU. Now marvel with me at your respiratory system, remembering that in addition to all we have just seen about it, it also is responsible for your function of speech. Most certainly, both bodily and mentally and also in a very special spiritual sense, your respiratory system is YOU.

Realizing this, can you ever again be willing to be short of breath? Overweight people are, you know. Overweight means filling the abdominal cavity with fatty organs and a large omentum (the apron of connective tissue which overhangs the viscera). These prevent adequate contraction of the diaphragm in exhalation, and if you will turn back and reread the description of exhalation, you will see what this means: inadequate expansion of the lung cavity which results in inadequate ventilation of the lungs. And this, of course, results in poor oxygenation of the blood. Remember our tour of the circulatory system, and don't let this happen to you.

YOUR ENDOCRINE GLANDS

There is good reason why many overweighters excuse themselves from responsibility for their excess pounds with the familiar, 'It's my glands.' As recently as fifteen years ago medical thinking was following the same lines. Today, doctors investigating the cause and cure of overweight give a dominant role to your nervous system. There are two reasons why. One is the production of experimental obesity in rats with hypothalamic injury reported by Brobeck in the early 1940's. The other is the enormous development and popularity in recent years of psychosomatic medicine, that is, the interplay between mind (psycho) and body (soma) factors in physical sickness and health.

Now we come to the endocrine glands, which, like your involuntary nervous system, are concerned chiefly with facilitating your internal body processes. A gland is a kind of sac, inside which are cells whose secretions pass either from its neck or via the lymph or blood to the area where they will perform their

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functions There are two kinds of glands: exocrine (sweat glands, salivary glands, the liver, etc.) which secrete to the body surfaces or into the digestive tract, and endocrine glands, which secrete hormones (gland substances), via the bloodstream, into the rest of the internal environment.

We are interested here in the endocrine system solely in relation to overweight. I want you to know why a relationship formerly was thought to exist and why the cliché, 'My fat is glandular, nothing can be done about it', now can be relegated to limbo, along with other general misconceptions listed in Chapter IV.

Pituitary

Think of your endocrine system as a superb concert orchestra, and of the pituitary as its *Toscanini*. It is placed just where the *maestro* belongs—in the exact geometric centre of your skull. It weighs about 1/40th of an ounce and has its own bony covering, it is the only endocrine gland so protected. Secretion from this gland regulates the performance of the other endocrine glands, in addition to certain very vital functions of its own. Adjacent to it is the hypothalamus, a small, important area of the brain, through which it is influenced. Your whole endocrine orchestra is in a marvellously delicate state of balance, responding to stimuli both inside and outside the organism. From without, it is believed that somehow the hypothalamus affects the pituitary, which in turn stimulates the other glands to secrete. Then, as a further regulator, the actual levels of the hormones secreted by these other glands determine further the amount of secretion by the pituitary.

Why has the pituitary been suspected of having a relation to overweight? Because at the turn of the century the German physician Froehlich reported a case of obesity in a young man in whom there was a tumour of the pituitary. Similar cases subsequently were reported. It has only recently been shown that although these cases did have a tumour of the pituitary, its importance was not its effect on that gland itself but in the fact that,

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it had damaged the adjacent hypothalamus. Later, Dr. Harvey Cushing described a form of disease in which there is an accumulation of fat around the neck, upper part of the chest, and the face, which assumes a characteristic 'buffalo face' appearance. Cushing thought this was due to a tumour of the pituitary, but it has since been shown that it is due to a tumour of the adrenal gland, and removal of such tumours results in cure of the condition. This is indeed an instance in which an endocrine gland is associated with overweight, but it is so extremely rare that we are justified in giving it no more than a passing glance.

Current attempts to tie in the pituitary with overweight revolve around the fact that this gland secretes (among others) the growth hormone and therefore affects body size. It is well known that diabetes is more common in overweight people and that reduction of weight often makes it less severe. Now, since children of diabetic mothers tend to be larger in frame than those of non-diabetic mothers, and overweight children tend to have larger frames than children of normal weight, some investigators have suggested that this means the conditions are related, through an excess secretion of growth hormone. But there is no real evidence of any connection.

Thyroid

Now look at your thyroid—a small gland lying just below your voice box, weighing about one ounce, and having to do with regulation of body metabolism—that is, the rate of speed at which the bodily processes take place. If too slow, the result is a low 'basal metabolism rate', called hypothyroidism.

For a long time overweight was suspected of being a form of hypothyroidism, and, indeed, people suffering from this disease often are somewhat overweight. But this has been shown to be due, not to the storage of fat, but to retention of water and of a peculiar watery substance.

If your basal metabolism is normal, you can forget the old wives' tale, 'I'm overweight because my metabolism is slow and I don't burn up food for energy as efficiently as slim people and

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thus store it as fat' You can also forget the tale that 'The way to reduce is to stop drinking water'. There is no medical evidence for either one.

Parathyroids

Never mind these tiny oval glands located at each side of the thyroid, so small that the average number (4) have a total weight of about half a gram. They secrete hormones which affect the composition of bone and the regulation of its components in the body fluids. None of these has any known relation to overweight.

Adrenals

Here are two small glands, about 1/8th of an ounce in weight, which lie on top of your kidneys, from which they derive their name. The medulla (core) of this gland is stimulated, in times of fear or stress or anxiety, by the sympathetic nervous system, and responds by sending adrenalin directly into your bloodstream, which carries it to all parts of the body, preparing you for FIGHT or FLIGHT. The cortex (covering) of the adrenals is interesting to us because it secretes hormones which regulate the speed at which some foodstuffs are burned, and others which help regulate the speed at which water is excreted in the urine, which has bearing on body weight. The adrenals help regulate metabolism, particularly of carbohydrates, and therefore are connected with the use of food for energy and storage of excess as fat. But their direct responsibility for overweight appears only in such instances as Cushing's syndrome, already described, which is very rare.

Pancreas

Your pancreas is an elongated gland weighing about two ounces and situated in the curve of the duodenum. It is a curious mixture of endocrine and exocrine gland; we saw the exocrine,

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part, which furnishes enzymes for the digestion of food, when we watched the digestive system in action.

The endocrine part, which is by far the smaller, produces insulin, the function of which is to help in the burning of carbohydrate. When insufficient insulin is present, as in diabetes, carbohydrate—which, in the last analysis, means sugar—cannot be burned and piles up in the blood in such concentration that the kidneys try to excrete it, causing sugar in the urine.

This gland has some relation, at least theoretically, to overweight, since a dose of insulin injected into the body tends to burn up the blood sugar, and this is associated with a feeling of hunger. There is a very rare condition in which a tumour of the pancreas starts secreting insulin. People with this tumour are hungry much of the time and have thus tended to become overweight. Here again is one of the extremely rare forms of obesity which are related to known hormonal influences. At the present time there is no evidence that the excessive hunger of the average overweight person has relation to the pancreas.

"Gonads

In the male these are the testes, which have two functions—the formation of sperms and of the male sex hormones (androgens). In the female they are the ovaries, which secrete female sex hormones (oestrogens and others) and produce ova, or eggs, one of which is released each month, from puberty to menopause, and proceeds down the Fallopian tube to the uterus where it either is fertilized and becomes an embryo, or dies.

It is interesting that overweight men are much rarer than overweight women, but gonad secretions are not responsible for this. There is no known relation of either the testes or ovaries to overweight.

It is true that irregularities in the menstrual cycle are a very frequent finding in overweight women and that correction of the overweight often results in correction of those menstrual disturbances. But menstruation is a very complex process and many different factors can interfere with it, notably emotional

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stresses; and, that being the case, it is inaccurate to say, as people often do, that menstrual irregularities either are the cause or the result of excess weight

Also, there is no medical evidence for the old wives' tale that it is natural for a woman to put on pounds after she has had children, or that it is natural for men and women to gain weight as a result of the slow-down of sex activities after middle age. Nor is there medical foundation for either of the contradictory rumours that fat men and women make good or, according to another school of thought, indifferent lovers. Right here is the place to leave behind all such misconceptions and look, as we shall in the course of this book, for the cultural, social and (above all) the emotional factors which constitute the real relationship between sex function and obesity

YOUR NERVOUS SYSTEM

To visualize your nervous system, we will use the classic analogy of the telephone exchange. But since this vast and busy mechanism not only consists of visible brain cells, tissues and nerve fibres but also is the invisible stuff your awareness, knowledge, memory, emotions and experience are made of, I want to present it to you, first, not as a bodily structure but as an overall concept.

Your nervous system has two parts—the voluntary (or cerebrospinal) system and the involuntary (or autonomic) system. The voluntary system controls your conscious activities; it serves your voluntary muscles (biceps, triceps, muscles of the eye and jaw, etc.); it needs about eight hours in twenty-four for rest and recuperation in sleep. The involuntary system controls your unconscious activities, it serves your involuntary muscles (those which accomplish digestion, gland secretion, blood circulation, etc.); from the moment you are conceived until the moment you die, it never sleeps.

Voluntary nerves activate your five senses and your external physical response to the outside world, they get their GO-STOP,

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and YES-NO signals from your conscious mind. Involuntary nerves activate your internal bodily processes and your emotional responses, they get their GO-STOP and YES-NO signals from your unconscious mind. I like to think of it this way: your voluntary nervous system says, 'I see, I hear, I smell, I taste, I touch, I think, speak, decide, act'; your involuntary nervous system says, 'I am.'

Now let us look at this central nervous system—your personal, built-in telephone exchange. 'Central' is your brain, which fills your skull and, at the base of the skull, narrows to become your spinal cord, which is about one-half inch in diameter and is threaded through the vertebrae of your backbone down as far as the small of your back (about eighteen inches). From this switchboard Central sends out wires (peripheral nerves) to every part of your body—voluntary or fast nerve fibres, over which messages travel more than 500 feet per second, and involuntary or slow nerve fibres, which carry messages at 15 feet per second. This network of trunk lines establishes and maintains contact between you and your environment. In addition, it has local telephone exchanges which keep the different parts of your body in communication with one another. Also, it has private telephones connecting one portion of the brain with another. Most remarkable of all, perhaps, it has a two-way 'intercom' phone over which your conscious and unconscious minds talk back and forth—and how they argue, at times.

The brain and spinal cord weigh about three pounds. They are fashioned of spongy grey matter and bundles of incredibly fine white fibres—the nerves. For a fascinating few hours, get an anatomy book sometime and study the structure of your nerve cells and fibres, see how they are grouped according to the work they do and the portion of the body they activate, how their cells and fibres are so arranged that one set responds to vibrations of light, another to sound, taste, etc., and how they aid and supplement one another. Study the different parts of the brain and how they control your various functions—voluntary functions such as walking, chewing, smiling, and involuntary functions such as sorting impressions and comparing them with previous

such impressions (memory) and interpretation of things seen, heard, tasted, felt. We are particularly interested here in two brain areas—the pons Varoli and the hypothalamus.

The pons, or bridge, is a small area of your brain which rests on the base of your skull and is the connecting link uniting the brain's four lobes with one another and with themselves. It is the crossroads of your entire brain. For this reason I have already (in Chapter III) invited your special attention to the region of your body that includes it—the back of your neck—and shall remind you of it often. I want you to become permanently aware of this GO-STOP crossroads between your body and your mind—the intersection of the two opposing traffic currents of your inner life force—the YES stream and the NO.

And now, since you are overweighters, and one striking evidence of the relation of your nervous system to overweight is the research work done in so-called hypothalamic obesity, let me introduce you to your hypothalamus. This small area in your brain is a way station for nerve messages on their way from the brain to the spinal cord. It is located in the middle of your head, adjacent to the pituitary gland. As one writer has phrased it, if you put your fingers in both ears you are pointing straight at your hypothalamus.

The relation of the hypothalamus to overweight was first reported by Dr. John Brobeck of Yale and later popularized by Dr. Norman Jolliffe of New York. Working with rats and monkeys, Dr. Brobeck demonstrated 'satiety' nerve centres in the hypothalamus. He found that when these are damaged, an animal may keep on eating with no apparent satiety until it has attained an enormous weight, often two or three times that of its litter mates. This seemed to indicate that in animals the hypothalamus was involved in controlling food intake. How about human beings? Well, it has been observed that when, as sometimes happens in the case of disturbed psychiatric patients, an operation is performed which cuts off the front of the brain from the rest of it, anxiety and tension often are lessened but weight tends greatly to increase.

Does this mean that there is an area in the brain which, when,

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it is in good working order, maintains dynamic balance between intake of food and body weight? Doctors want to find out, and we shall await their findings with the greatest interest.

Meanwhile, work in the field of psychosomatic medicine offers increasing evidence that overweight is not only a physical problem but a mental and emotional one. To understand this, let us take a closer look at your involuntary nervous system, the part of your central switchboard, you remember, which is independent of your will, controls internal bodily processes, never sleeps and is under the management of your unconscious mind. Involuntary nerves are of two kinds: sympathetic nerves, which take care of emergency orders from the brain (FIGHT-FLIGHT, GO-STOP, YES-NO), and parasympathetic nerves, which take care of the vegetative processes of digestion and body repair.

Nowadays it is the sympathetic nerves which particularly interest doctors and researchers in the field of obesity. These nerves, as you can understand from their functions, are profoundly involved in the emotional adjustments. Are they also involved in the body's ability to burn up fat? Work is in progress at Harvard which indicates that this may be the case, and if it is, this would furnish an anatomical basis for the current overwhelming psychosomatic evidence of a connection between overweight and the emotions.

Overeating, you see, is closely related to our conditioned reflexes, or emotional habit patterns. You probably have read about the conditioned reflex and how the scientist Pavlov, by ringing a bell when he gave food to dogs in his laboratory, so conditioned their body-mind reflexes that to them the sound of the bell meant 'Let's eat' and their salivary glands and digestive organs went into action even though they were given no taste, sight or smell of food.

Human beings are just the same, only more so. The sympathetic nerves controlling our glandular and digestive secretions react to the sound of the dinner bell, and they go further. They react to memories of eating and to the emotional content of these memories. William James has told us that in times of danger, 'we do not run because we are frightened, but, rather, we are

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frightened because we run. That applies also to people who continue to eat after the needs of physical hunger have been satisfied. Their simple hunger reflexes have been conditioned, for some reason, to react to an emotional bell. When they are emotionally off-balance, whether in favour of happiness or unhappiness, the telephone switchboard of the brain sends out the message, 'Let's eat!' Actually, they do not need food, they need to express emotion. But their sympathetic nerves do not know this. The message has been received, the salivary glands and digestive tract have gone into emergency action. Such people really experience hunger, and because theirs is emotional and not physical craving, food cannot satisfy it. The more they eat, the more 'starved' they feel. They are not eating because they are hungry. They are hungry because they eat. And since the food is real though the hunger is not (and more often than not is rich and sweet) the result is double chins, bay windows and pounds of excess weight.

Fifty years ago, in an interesting book called *The Composite Man*, Dr. E. H. Pratt of Chicago voiced his belief (revolutionary at that time) that in the study of the sympathetic nerves, their management and repair, would be found the keys to the medical kingdom. Work during the past fifteen years in psychosomatic medicine has proved him a good prophet. I have ended our visualization of your real body by putting special emphasis on the sympathetic nervous system because I believe that in it may be found, if not the keys to the medical kingdom, certainly an important key to the solution of the problem of overweight.

6

How to Re-Set Your Inner Controls



You know, of course, that your body is equipped with certain automatic controls which can be compared to the thermostat that turns your furnace on and off. For instance, the temperature of your body is automatically regulated, the amount of water in your system is automatically controlled.

Have you heard about your 'appetstat'? It is the thermostat that regulates your desire for food.

Dr. Norman Jolliffe of New York, among others, believes you have a specific automatic mechanism that, when working properly, keeps your body weight and your food intake in dynamic balance. He has named this mechanism the appetstat and he believes that it is located in the hypothalamus, the important little area at the base of the brain near the pituitary gland with which we have now become familiar.

You are an overweighter. Your husband is not. You are thirty pounds oversize; your husband's weight remains approximately what it was when he was twenty-five years old. You sit at the same table, share the same meals, get the same amount of exercise. What is the difference between you?

The difference, according to the appetstat theory, is that your husband's appetstat is in good working order. It is set to produce an adequate and proper desire for food—so much and no more; enough to maintain balance between his food intake and his weight. As for you, your own appetstat needs re-setting. It is

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producing the desire for more food than your body needs. Some doctors believe that an incorrectly set appestat can be re-set by six weeks of strict attention to diet without cheating.

It is an interesting theory. Needless to say, I do not know whether it will ever be established as a fact. I do not know whether there is an appetite-control centre in the human brain or whether it is located in the hypothalamus. I am a nutritionist, not a doctor. Nor do I know whether the appestat, if it exists, can be re-set by six weeks of strict attention to dieting. But I will tell you what I believe. With all deference to scientists working on the appestat theory, whom I admire and from whom I have learned a great deal, I believe that in this one respect they are mistaken. In more than thirty years of helping oversize people return to normal, I have never known a single case of overweight to be brought under *permanent control by a low-calorie diet alone*.

Nevertheless, I am fascinated by the idea of an inner mechanism working automatically to regulate the desire for food. I have thought a lot about the appestat. And with apologies to the good doctors, I have established not one, but three such automatic control centres—three inner pushbuttons, as it were. I call them the 'hungerstat', the 'habitstat' and the 'happystat'. They are imaginary. No X-ray or dissecting knife will find them. I cannot prove that they exist or that they control your desire for food. But I believe they do, and who can prove that they do not?

THE HUNGERSTAT

Why do I call it the hungerstat, rather than appestat? Because there is a difference between hunger and appetite. True, both words mean 'craving for food'. But, as I see it, hunger expresses the deep, instinctive craving of the body for survival, whereas appetite expresses the *acquired* craving of the body-mind, educated by memory and experience. For example, it is your body which tells you that you want something to eat and your body-mind which tells you whether you want chocolate fudge or a ripe, red apple.

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My big and important ambition is to help you control your appetite so that you automatically will crave only the amount of food your body needs to maintain its proper weight, and will crave wholesome, natural food rather than the over-refined, foodless variety. But I believe that in order to do this we must first tackle your problem at the deeper level—the level of hunger.

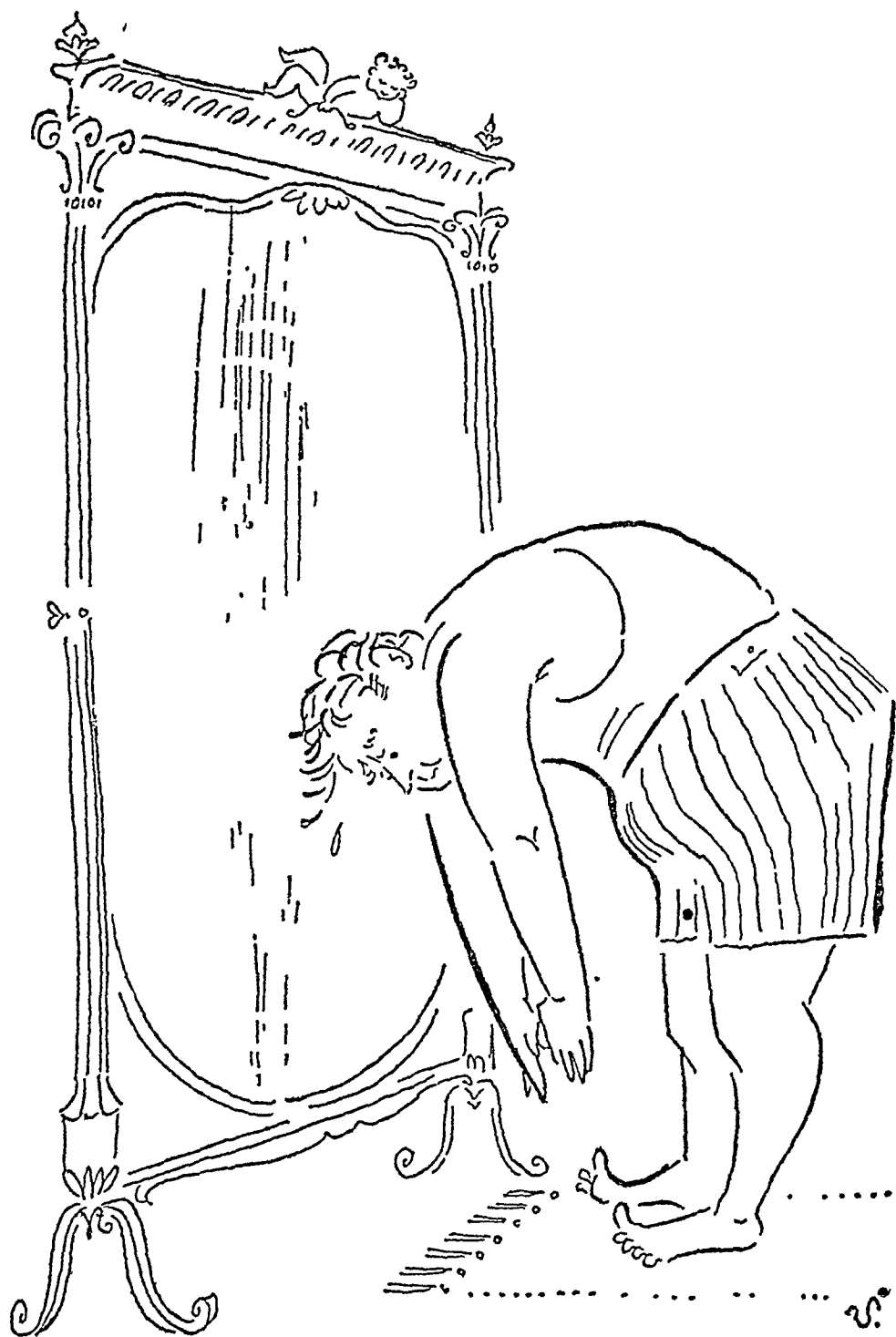
You overweighters are hungry people. You get the feeling that you are 'starving'. Psychiatrists tell us that your basic hunger is emotional, rather than physical, but nevertheless I believe that if you re-train and re-educate your physical hunger, control of your appetite is bound to follow.

Therefore I say that the surest, easiest and quickest way to lose weight without strict dieting, calorie charts or scale jumping is to re-set your hungerstat. This means that you *choose* to hunger only for *real* food—for lean meat and fish, fresh vegetables, whole grain cereals and fresh fruit. Once you have made this choice, it soon becomes *automatic*. Your new automatic control of hunger gives you all the enjoyment and pleasure of eating, minus the distress and suffering of excess pounds.

What if your hungerstat has been thrown off balance by long use of fatty meats and overcooked vegetables, devitalized bread, soft drinks and oversweet desserts? Re-set it. Re-educate it to generate desire only for the right kind of foods. A properly set hungerstat will be a delight to you for the rest of your long, slender life.

This will take only a few weeks. In order that you may learn to know and *like* an unfamiliar food, eat only one or two spoonfuls at first, never a large portion. If you do not succeed the first time, try again. (Psychologists tell us that repetition for at least thirty days is the secret of success.) Re-setting your hungerstat means developing new and better hungers.

Say NO to fatty meats and rich gravies. Say YES to roasted and broiled meats, broiled kidneys, liver and sweetbreads, to fish, cheese and eggs (served any way except fried). Say NO to limp vegetables boiled to death and YES to short-cooked fresh vegetables, crisp salads and vegetable juices. NO to bleached-out, lifeless white flour, YES to dark, nutritious whole grain flours.



It becomes increasingly difficult to make ends meet,

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Above all, say YES to fresh fruits and NO to rich desserts and sugar.

I must talk about sugar because sometimes it seems to me that my own country is sugar mad. In 1922 when I first started to teach intelligent eating, the average American consumed about thirty pounds of sugar a year. In those days, not nearly so many people were overweight. At least, those who came to me for help were not predominantly, as they are today, people whose problem was poundage. The consumption of sugar has risen steadily until today the average American eats more than one hundred pounds a year. We have fifty-seven different colas, pops, and other sweet drinks. There is over-consumption of cakes, cookies and candies; and sugar, disguised in many attractive ways, gets into our food, day in and day out. Do you know that some people are sugar addicts, just as others are addicted to alcohol? I have often found that people who are enemies of alcohol go on sugar and candy sprees. Such sprees will never land them in jail, but they can be as undesirable as alcohol binges, from other stand-points. Adolf Hitler, as you may know, was an extreme example of a sugar addict. In fact, he was a candy drunkard.

However, you are simply an overweighter. You are in little danger of becoming either a sugar addict or a dictator. Your hungerstat has been set in the wrong direction, that is all.

As you re-set it, let us think a little. You know that you have an over-developed hunger for fat and sugar. Undoubtedly there is some emotional reason for this hunger. But is it not also due, in part, to sheer extravagance?

There is an ancient proverb 'Take what you want. Take it and pay for it.'

Let us see what price you are paying for your hunger for rich meat, fat, candy, cake, pastry, whipped cream and sweet drinks.

It costs you.

The joy of unhampered bodily activity

Optimum health

Optimum peace of mind

Smart clothes

How to Re-Set Your Inner Controls

Participation in group activities such as swimming, dancing, sports

The admiration of others and, more important

Your own self-esteem.

In short, the price you are paying for 'sugaring yourself up' every day is half of the satisfaction, fun and happiness in life. A Hindu philosopher has said, 'The body is every man's Bible; it enables him to taste Heaven and Earth.'

So, re-set your hungerstat at 'low' and you will find yourself choosing to eat less food of all kinds than you have been eating. Then choose to hunger for protein foods, above all; they are the overweight's best friend. They satisfy. They youthify. They rebuild. Because proteins are expensive, set your hungerstat for our wonderful fortifiers. powdered skim milk, food yeast, corn and wheat germ, soya products

Two powerful allies are at your service. Drinking a glass of lean milk or vegetable juice at mid-morning, mid-afternoon and at cocktail time is one. The other is starting your meals with something fresh. Fruit at breakfast time. At lunch and dinner start with a big salad, California style. This is vitamin insurance and, what is equally important to you, it curbs false hunger. By the time you have the rest of your balanced meal, there simply isn't room for gooey, rich dessert.

You will find it easy and pleasant to re-set your dessert hungerstat. Choose to hunger only for fruit at the end of your meal. You don't like apples? How about strawberries and honey? How about small green grapes, chilled and slathered with tangy yoghurt? How about a delicious ripe pear and some cheese? No Frenchman would ask for anything better, and the French are the gourmets of the world.

And remember, we eat with our eyes. While you are re-setting your hungerstat, choose to hunger for food that not only tastes good but looks good. Remember, also, while you are re-educating your YES and NO hungers, that eating should be fun. It is a great pleasure to enjoy good foods spread out on your table. *A bon vivant* once said, 'Life should be a mixture of labour, laughter and love',

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Do you want to do this? The secret lies in *wanting*. Here nobody can help you. I know the way; I invite you to join me in my way of eating. Whether you do or not is entirely up to you. To re-train your hunger, you must desire to under-eat rather than over-eat. You must desire it intensely, actively, steadily. More than anything in the world.

Does this seem impossibly difficult? Then listen. Here is good news, based on the experience of thousands of ex-big boys and girls all over the world. If you really desire to re-set your hunger-stat, it *will* happen. So easily that you will be astonished.

On my lecture tours I often find myself addressing groups of my students of long standing. I ask them, 'How many of you no longer *like* rich desserts?' At once, hands go up all over the auditorium. Hundreds of hands. Their evidence is too universal and consistent to be doubted.

These students say that they do not know what has happened to them, but they no longer *want* pastries and cake. In fact, they actively dislike them. Their taste has changed, permanently. And easily, as if by magic.

Where has the magic come from? I have spent hours wondering. Does it come from the physical body—the brain, perhaps? Does something happen in the nervous system? Perhaps. In the writing of Dr. Lawrence Kubie I found a suggestion. This New York psychoanalyst says, 'It is only in a state of intense desire that important new connections can be formed in the central nervous system.'

Or does the magic come from the mind? Here are three lines from a poem (I do not recall the author) which indicate that it may:

*'Boldness has genius, power and magic in it,
Only engage, and then the mind grows heated—
Begin, and the work will be completed.'*

Perhaps the magic comes from a power outside ourselves. A Hebrew maxim states that 'If one is willing to be pure, he will be assisted'.

Chew on the question for yourself. You may find your own

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answer. I have mine. It is contained in the favourite saying of a cook who once worked for me. She said, 'If you take one step, God will take you two.'

THE HABITSTAT

Granted that there are psychological reasons why you are overweight, the chances are that much of your actual overeating is a matter of habit. This is understandable. Eating is the first habit we form in life. Hunger is our first drive, its satisfaction our earliest pleasure. As time goes on, if all goes well with the emotional development, other drives and other pleasures put eating in its proper place as a pleasant and necessary part of life, nothing more and nothing less.

But you overweighters, because your pleasurable feelings are still more or less concentrated in the oral zone, still get extra satisfaction and thus extra psychic and emotional energy from the act of chewing and swallowing food. You expect (mistakenly) less satisfaction from other pleasures. When you feel high, you eat something to celebrate. When you feel low, you eat something to give yourself a boost. Are you bored, nervous, angry, apprehensive? Are you interested, exhilarated, fond, anticipatory? However you feel, you want to do something about it. You have formed the habit of reaching for something (usually something sweet and therefore fattening) to eat. You tell yourself that this is your nature.

You are right. It is natural, and it is also necessary and desirable to express emotion. But you are wrong in believing that the best way to express emotion is to eat. This is a habit you have formed. A good habit? Not entirely so, obviously, since you eat more than you need or want. A bad habit? Not entirely so. There are times when it is appropriate to enhance your joys and console your sorrows by having something delicious to eat. Like many habits, this one is not all good and not all bad, it is something of both. It needs re-examination and re-education.

You can re-set your habitstat. Set it at 'high'. You probably ,

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need more habits Habits are Nature's time-savers; they are Nature's way of enabling you to deal with problems and handle anxieties automatically, without thinking. Perhaps your trouble now is that you have only one—the habit of devouring food.

Keep that habit, by all means. Do not be afraid of it. Devouring does not mean gorging, it means enjoying to the full, and you have more than the average capacity for enjoyment. So go ahead and devour your substantial proteins, fresh vegetables and ripe, luscious fruits You have re-set your *hungerstat*, you know. You now choose to eat no more than you need and you choose to hunger only for what is fresh, vital and nutritious. Devour your food first with your eyes and then eat it, slowly. It is yours. Nobody is going to take it away from you Chew it well. Bite into your delicious broiled chop and crisp salad Enjoy using your teeth, they will serve you better and longer, if you do.

And now, keep pushing your habitstat up higher. You are an emotional eater. Be glad of it. Your natural pleasure in devouring, given free expression in its proper place, can enliven every area of your life

You are well-equipped to devour ideas Chew on them, savour them, swallow them, digest them and you will find yourself stimulated and well fed You can devour great books. They are nourishing; they will stick to your mental ribs. 'Reading maketh a full man.' Also, you can let your devouring instinct loose when you listen to music Put on a recording of your favourite symphony and feel yourself one with the instruments of the orchestra as they savour the theme, play with it, tease it, worry it like a dog with a bone. Read a poem or a play aloud and drink its inspiration deeply. And you eat with your eyes too, remember? All right. The next time you go to an art gallery or for a drive through autumn foliage; the next time you attend a fashion show or visit a friend's beautifully decorated home, feel yourself feasting on the colours and textures, gobbling them up.

How about digging into your job, your hobbies and your human relationships with all the zest that you might put into digging into a Nesselrode pudding? You will find them equally rich and full of flavoursome surprises Nature has endowed you

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with a special capacity for relish. Bring it to all the experiences of your everyday life, from casual incidents to major events. And, since life holds for every one of us some pain as well as pleasure, how about bringing your extra capacity for assimilation to your sorrows as well as your joys? 'Consume your own pain,' a fine novelist has written. 'Strong fare, but it makes you strong.'

Yes, be glad you are a devourer. The whole of life is your banquet.

THE HAPPYSTAT

Wait a moment before you call me corny. I do not use the word 'happy' in the Pollyanna fashion of oversweet greeting cards. I like such greeting cards as little as I like gooey, whipped cream desserts, and I have never had much patience with the Pollyannas. To me, happiness is not empty over-optimism, sweet-sweetness and light. It is the pleasure of standing straight and independent in the free world and feeling wholeheartedly glad to be alive. Your happystat, as I conceive of it, is your automatic inner generator of this pleasure. Well regulated, it feeds and sustains you steadily. I think that Emerson was talking about the happystat when he said, 'Whenever you are pleased, you are nourished.'

Since you are an overweighter, the chances are that your happystat is set either too high or too low. You associate happiness with oral satisfaction and therefore you are over-emotional about it. You are reaching for the moon and you think the moon is made of cream cheese. You want to seize it, possess it, cram it into your mouth and eat it up. When you have it, you are greedy for more. When you do not have it, you feel unjustly deprived and sadly forsaken.

We will have more to say about your happystat later on, but for the present let me urge you to re-set it at 'medium'. That is where it belongs. Happiness, as a songwriter said about woman, 'is a sometime thing'. Remember Dr. Schweitzer's philosophy of life, for it applies specifically to happiness. Sometimes YES. Sometimes NO. Sometimes YES-and-NO.

7

Your Real Self



Who are you?

It has been said that you are three people. The person you think you are The person others think you are The person you really are.

Well—you are an overweighter. That is for sure You know it, others know it, and your real self knows it (It was your real self who nudged you into getting this book)

Listen to what others think of you.

Some, notably Thyra Samter Winslow, author of *Think Yourself Thin* and *The Winslow Weight Watcher*, think that you are sick; that overweight is a malady which can best be remedied by putting yourself into the hands of a doctor and a diet expert and learning to become a weight-watcher for life Others, notably Dr. Leonid Kotkin, author of *Eat, Think and be Slender*, think that you are neurotic; that overweight is 'a disorder of the personality caused by immature adjustment to life'; that you can best be helped by putting yourself into the hands of a doctor and a psychiatrist

Both authors' books are challenging, thoughtful and well-documented. I hope you will read them In fact, I suggest that you go to your library and devour all the books you can find on the subject of overweight. There are dozens (Some of them you may want to spit out)

What do your family and friends think of you? That you lack will-power when it comes to angel food and fudge? What is will-power? Outstanding modern psychologists tell us there is

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no such thing. They say that people who rule themselves so rigidly that they seem to have stronger than average self-control do not get this from will-power. It comes from the strength of their unconscious guilt feelings. They are mad at themselves, for some reason or other. Unconsciously they take pleasure in punishing themselves.

What do you think of yourself? Do you think you have a malady or a maladjustment? If you do, put this book aside until you have consulted a good psychiatrist. Do you think you have less than optimum good health? You are probably right about that. No one who is fifty, or even ten, pounds overweight is likely to be in top physical condition. Do you think you are emotionally immature? Probably you are. Overeating is indeed a sign of an immature personality. At the banquet of life-experience the overeater is wearing a bib and occupying a high chair. At thirty, he tries to dispose of emotional hunger as he disposed of physical hunger when he was three—by cramming food into his mouth. As a result, he sometimes has emotional hiccoughs and gets emotional pabulum all over his chin.

Listen. Do you know what I think of you? I think you are to be congratulated. And I am not alone in thinking this.

'Tell your overweighters,' a wise psychiatrist said to me, 'that they are lucky people. The fact that they overeat means that they are over-emotional about eating. They should thank their stars. Emotion is dynamic energy. It is the biggest and best driving power that we have. It produces the little internal explosions by which we (just like our automobiles) get going and keep going.'

'Yes, overweighters with their greediness and their frank capacity for oral gratification are fortunate. It is true that they over-react to the pleasure of eating. But the point is, they *react*. It is the people who under-react emotionally—stand aloof, cold and reserved—who are out of luck in the pursuit of happiness.'

Another psychiatrist told me that overweighters are lucky for a second reason: because their strong emotional energy, centred predominantly in the mouth, once understood, often can readily be channelled to more stimulating and satisfying uses than the chewing and swallowing of double helpings of banana cream pie.

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He said, 'Overeaters, with their vigorous oral drives, are potentially the talkers, the linguists, the singers, the storytellers, the lecturers, speakers, teachers, preachers—in short, the *communicators* of the world.'

Both agreed that there is a third psychological reason, perhaps even more important than the other two, why overweighters are to be congratulated

'They are lucky,' these experts said, 'because in a confused and groping world they are beset by a *tangible* and *visible* problem about which something *specific* can be done.'

Psychiatrists and psychologists tell us that the overweighter is predominantly an oral person. Does this mean that all oral persons are overweight? By no means. Many are underweight. (Under-eating, they tell us, is overeating in reverse.) Does this mean that an oral person should change and become a person of another kind? I should say not. Oral persons make good livings. Some are crooners. Some are glass blowers and trumpet players. Some, like myself, are lecturers and writers. (Sometimes I wish I had settled for the trumpet.)

When psychiatrists tell you that you are an oral person, they are not scolding you. They do not want to get rid of your strong oral-emotional drives, but simply to realize and value them—to get full use and enjoyment, in work and play, from the energy that these drives generate.

They tell us that, in general, there are three types of people. I've found an easy way to remember these types: Muscle, Mind and Mouth.

People of the first type tend to express themselves best through direct bodily activity—that is, activity of the muscles, tendons and joints. These are the athletes, cowboys, trapeze performers; they are also the mechanics and craftsmen and others with good manual dexterity. People of the second type best express themselves through cerebral activity. Inventors, scientists, and technicians belong in this category. The third type—which includes you and me—best realize our potentialities through oral expression.

They tell us that the ideal person (and they can dream, can't they?) would have elements of all three types in harmonious



Good night, darling!

balance That is to say, the truly happy person would not be predominantly muscle-happy, mind-happy or mouth-happy—but something of all three

Very well. Suppose you and I do have a tendency to get too food-happy. There are different kinds of foods. We don't have to limit our oral energies to pushing a knife and fork. We crave oral expression Good This enables us to become fluent writers and talkers, if we want to do so It also makes us good listeners, when we want to be, we have natural 'aural' as well as 'oral' energy. (It was when I realized this that I began to develop and enjoy my new habit of listening.) In general, our minds tend to function by a process of digestion, absorption and assimilation. Some of us make avid readers and researchers. Our thinking tends to be of the meditative, ruminative, cud-chewing variety. We chew ideas, spit some of them out, swallow others, regurgitate those we cannot 'stomach'. We belong among the gregarious people, we enjoy hospitality—the giving and receiving of courtesy as well as of food and drink We can be adventurous because we have an appetite for novelty and a curious palate, sensitive to 'unusual flavours and sensations We are greedy, which means eager, keenly desirous We can tear into life and eat it up. At our best, we can be the happiest people in the world

Yes, I hear you You are telling me that there must be some mistake. That you are not this orally expressive person I have described, you can't be. You are shy and self-conscious, you tell me, unsocial and somewhat resentful, painfully inarticulate or else nervously overtalkative.

• There is no mistake Overweighters are oral personalities. They are immature ones, that is all.

Doctors and psychiatrists studying overweight have decided that there is a 'fat personality'—a typical combination of personal traits that go along with fat, in a person's character. An interesting obesity-personality study has come to us from the Boston Dispensary of the New England Medical Centre, where psychiatrists and psychologists studied one hundred and thirty-five fat women and a control group of eighty women of normal weight. They reported some revolutionary findings about overweighters.

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They found the overweighters more repressed, more given to daydreaming than the women of normal weight; they found them less well able to tap their energies and achieve success on a job. They found them definitely more tense and anxious. This nullifies the age-old belief that fat people are the jolly ones and the skinny ones nervous and on edge. Another interesting finding about overweighters was that they turned their anger and frustration inward upon themselves, instead of exploding, talking back, speaking up to overdemanding employers, families and friends, insisting upon their rights.

Also, overweighters did not readily make new friends. Sensitivity about their size was found to be responsible for this, they feared failure and ridicule. They lacked empathy—the ability to ‘feel for’ other people. Absorbed in themselves and their own difficulties, they showed little interest in the joys and sorrows of the people around them. They were over-sensitive to slights, full of self-pity, with a marked tendency to depression. Tense and self-conscious, they dreaded social occasions and used the fatigue caused by their weight burden as an excuse to avoid them. Ill at ease in their clothing, they took little pride or pleasure in their physical appearance.

And note this: these same personality traits were found to be as strongly developed in those of the group who were only a little overweight as in those who were fifty pounds too heavy, or more. This means that it does not matter how much you overeat. If you overeat at all, you can develop the negative character traits of the fat personality.

When I congratulate you, I am not addressing the person you, think you are—your immature fat personality—the big boy or girl. I am congratulating the person you really are—the emotionally-adult, slender man or woman you were born to be.

To help you discard the fat personality, let the psychiatrists help you to understand and account for it, in a general way.

These experts in human problems agree that the roots of your problem lie somewhere in your childhood. You overeat, they say, because for some reason of which you may or may not be aware, food is not just food to you. It is a symbol. Of what?

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That depends upon your childhood conditioning and the experiences of your life. You are what your parents made you, plus everything that has ever happened to you.

Perhaps you grew up in a family where great emphasis was placed on eating. Food was the most important thing in life. If you misbehaved you were sent from the dinner table; if you behaved you were rewarded with extra dessert and candy. In such families, food tends to become a symbol of achievement, approval, social security.

Perhaps, as a child, you were encouraged to eat too much. Some parents know of only one way to express affection: to lavish food and drink upon their children. If this was your conditioning, you probably learned to think of food as the symbol of love, warmth and protection.

Or perhaps you grew up in a family where, for financial or other reasons, food was not always plentiful or satisfying. If you did, it is not surprising that you overeat. To you, food becomes a symbol of financial security.

It is easy to understand how, in one way or another, food can take on exaggerated importance in a child's mind. If all goes well with the emotional development, this over-emphasis levels off. The school prize and later the good job, take the place of lollipops as rewards for achievement. Assurance of love and affection comes from the spontaneous give-and-take of human relationships; eating is only one of many things people can enjoy doing together. Financial security can be demonstrated and enjoyed in more interesting ways than unlimited wining and dining.

But you big boys and big girls, for some reason (it does not matter exactly why), have carried over into adult life your childhood overvaluation of food. Time marches on. You discover—who doesn't?—that adult life does not always march smoothly. There are inevitable setbacks. Perhaps you fail to get the job you want or to win that promotion. Perhaps you strike a snag in your love life. Or perhaps your funds run low. Because you have not wholly outgrown your early conditioning, food still symbolizes achievement, affection and prosperity. So what do

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you do, in times of adult stress? You eat for solace and reassurance. A full, especially an overfull, stomach sends comforting messages to your brain, saying, 'All goes well.' And, by the same token, what do you do when the stress is ended and all really does go well? You eat to celebrate.

This is all right, so long as you do not overdo it. Oral pleasure is natural, legitimate pleasure. But there is a catch in yours. It may be accompanied by anxiety. In early childhood, when you knew life chiefly at the oral level, there were, as Dr. Harry Stack Sullivan has said, two YOUS—GOOD YOU and BAD YOU. You were 'good' when you sucked, bit, spat out, chewed and swallowed certain things, 'bad' when you sucked, bit, spat out, chewed and swallowed certain other things. When you ate everything on your plate, you were patted on the head. But when you raided the jam stores, you were slapped and the jam was taken away. Therefore, when as an adult you begin to re-experience childish overpleasure in eating, you unconsciously may remobilize childish anxieties. Your conscious mind tells you that, whether you are assuaging sorrow or celebrating joy, you are eating more than is 'good' for you. Your unconscious mind says, 'This is "bad"'. Look out, you'll be punished. Your food may be taken away from you.' To make certain that this cannot happen, you reach for more food. You 'need' it, you tell yourself. The first thing you know, you are an habitual overeater.

Doctors who have specialized in the subject agree that in obesity the prevalent feature is repressed anxiety. Unconsciously the overweighter is afraid that he may be deprived of his oral pleasures. He may also be afraid, unconsciously, of the strength of his oral energy. This, they tell us, may account for some of the negative 'fat personality' traits which were observed in the New England Medical Centre study of obesity.

The unconscious mind is like an elephant for remembering. It reminds the overweighter that once upon a time he was scolded for misuse of oral energy—sucking his thumb, for instance, chewing his toys, swallowing objects that were considered unsanitary. This, we are told, may be a clue to some overweighters' lack of enterprise. When they see a tempting

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new opportunity and want to gobble it up, something warns, 'It may be forbidden. Might even be dangerous.' It may also help to explain some overweights' characteristic depression and lack of aggressiveness. In childhood, their strong vocal energy (another form of oral energy) often got them in trouble. They were corrected for talking too loudly, laughing, crying, singing, shouting, yelling at the wrong time. In adult life, therefore, they tend to keep their mouths shut. They 'swallow' their anger and resentment. They 'swallow' slights and injustices instead of speaking up for their rights. And the result can be depression—a sort of emotional upset stomach. Also, some overweights may remember unconsciously that their tongues used to get them into trouble. It was naughty to stick their tongues out, so now they 'bite them off' in frustration rather than risk expressing what they really feel. They remember childhood's punishments and penalties for asking the wrong questions, saying the wrong things. (Did you ever have your mouth washed out with soap for telling a falsehood? I did. I also discovered frequently that when I opened my mouth I put my foot in it. Far safer, many an over-weighter may think unconsciously, just to open it and put in food.)

Such unconscious memory traces, we learn from the psychiatrists, can set the pattern for some overweights' tenseness and repression, day-dreaming self-absorption, shyness and unsociability. Rather than take the risk of being noisy and asking for what they want in life, they retreat into what Dr. Kotkin calls their 'fortress of fat' and use food as an armour against disappointment and eating as a substitute for action.

A fortress is a fine thing to have. I remember how wonderful it felt, when I was ten, to stand up proudly with the other children in Sunday School and sing at the top of my lungs, 'A mighty fortress is our God, a bulwark never failing'. I believed every word of the grand old hymn, and I still do, though I know now that God is not what He seemed to me at ten—a big, white-bearded man, a combination of Santa Claus and my grandfather, who lived in the sky and was personally interested in my well-being. We learn, as times goes on, to look for God,

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not only in the sky but, as Robert E. Sherwood has put it, 'in our own forehead, in the mystery of the human mind'. And in beauty and goodness everywhere.

But when our real bulwark of faith in ourselves grows shaky, as it often does, it is natural to look for a symbolic one. To many an overweighted his fat does indeed become a sanctuary—sometimes a well-defended one. He may not like it, he may not want it. He may consider it unhealthy, unsightly and uncomfortable. But, consciously or not, he may feel safe in it. Like everyone else, he finds adult life full of difficulties—sexual, social or economic—which he cannot always meet successfully. His fat 'protects' him. It can give him an excuse for not trying to face life's problems and come to terms with them. Or, if he tries and does not succeed, it can give him a reason and a solace for failure.

In *Henry IV*, Shakespeare put it this way:

'Thou seest I have more flesh than another man,
and therefore more frailty.'

Now—let out a long breath. *Overweighters are not to blame for all this*

Who is to blame? Your parents? No, they were simply handing down to you, along with the family heirlooms, their own emotional problems, which they inherited from their parents and grandparents before them. Nobody is to blame. It is true that your father and mother or whoever brought you up taught you to overvalue food and that the experiences of your life have combined with this early conditioning to make you an over-eater. But don't blame your parents unless you insist upon feeding and fattening your inherited emotional problems and passing them on to your own children and grandchildren. Don't blame anybody.

You know something about your overeating now, you begin to understand yourself better. 'To know is to understand, and to understand is to forgive.'

Forgive those people who set your immature emotional reaction-patterns in childhood and all the other people in your life,

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who, knowingly or unknowingly, have triggered the chain reactions that caused you to become an overweighter.

And now, let out another good long breath and *forgive yourself for being an overweighter*. Set yourself free, forever, from the two chains—the only two—which really hold you in bondage. self-blame and its inseparable and insidious twin, self-pity.

All right? Then you have made it. You have become your real self. It is as simple—and as difficult—as that, to grow up.

I propose a toast (vegetable or fruit juice, a Liquorice Fizz, or perhaps a glass of cold champagne) to this real self of yours. Let us drink to the real YOU—the *mature* oral personality.

You have the experts' assurance that you are lucky for at least three reasons, remember? You have strong, dynamic, emotional oral energy. You can release this energy into any number of new, stimulating and satisfying channels. And, best of all, to keep you 'on the beam' of the real you, you have a tangible and visible objective—the shedding of your ten to fifty pounds of excess weight.

Congratulate yourself. You are an eater (no longer an over-eater) and the whole of life is your banquet. You need no longer accept arbitrary restrictions, least of all diet restrictions. You are Yourself, Unlimited. Come and take possession of your real, unlimited world.

8

Your Yes and No Reducing Plan



Now for the secret. Here is how to reduce and stay reduced for life:

Never say diet
Never eat diet
Never think diet

Now that I have the secret, I marvel that I did not discover it sooner. I would have, if I had talked less and listened more during the past thirty years. The secret has been right before me. As the old saying goes, if it had been a dog it would have bitten me.

For example, it was a good many years ago that Lady Mendl gave the memorable party in my honour in Paris, where I introduced vegetable juice cocktails and Finger Salads to her most elegant friends—Lady Duff Cooper, Mrs. Harrison Williams, the Duchess of Windsor, Princess Aspasia of Greece, the Princess Karputhala of India, Adele Astaire (then Lady Cavendish), Tilly Losch, Paulette Goddard and many others. Since then, these and other elegant and fascinating ladies have become my good friends. They are among the world's smartest and best-dressed women—and, needless to say, all of them are slender. In the years I have known them, they have not deviated from their ideal weight.

If I had been using my head, I would long since have realized that these charming women do not concern themselves with diet. You never hear them talk boringly about it. You cannot imagine them slavishly following a diet—choosing their menus,

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in terms of grim grams and cast-iron calorie charts. They live pleasant, relaxed lives in a world full of good food. They eat delicious *lean* foods almost entirely, because they prefer them. When they choose to eat something rich, they balance their food intake by eating 'leaner' than usual the next day. They do this instinctively, automatically. Consciously, they never give diet a thought.

I might have guessed their secret. Or I might have guessed it from any of the hundreds of other slim, vital women and slim, vigorous men who are my friends and students. Do you suppose they have guessed it themselves? Perhaps they have, and are not telling.

Well—the secret is out now. It is ours for life. From now on we will never say, eat or think diet. Diet is a fighting word. It makes reducing seem like a continual battle against temptation. Every time we say 'Can't eat that—I'm on a diet', we feel deprived and rebellious and thus give strength to the enemy. 'The sure way to discourage temptation,' someone has said, 'is to ignore it.'

The word 'diet' is dead. I hope it rests in peace, for it has been a hard worker and I am one of the guilty ones who drove it overtime. I must have seen this tired word flagging, for in my last book, *Be Happier, Be Healthier*, I wrote, 'Diet is a transition word. Diet has to do with the establishment of new eating habits. But once old habits have been displaced and new ones established, the word "diet" should go out of the window.'

It is gone, and I do not regret it. Instead of a reducing diet I am happy to present a reducing plan for wise and intelligent overweight men and women who want to get slim and stay slim. Mine is a life plan. I present it to overweights but it is by no means limited to them. It is dedicated to the great army of people of all shapes and sizes who like to eat delicious food.

Here it is:

I propose that we solve the problem of overweight by choosing to say YES to some foods, NO to other foods, continuing to say this decisive YES and firm NO until hungerstats and habitstats are re-trained (this will take about six weeks) and then——?

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And then forgetting the entire business

Simple? I know. I shall be criticized for oversimplification. But I am used to criticism, and it so happens that this simple YES and NO reducing plan works. After six weeks of YES and NO, you can forget that you ever had a reducing problem. If you have not yet reached your ideal weight, you will be so well started on your way toward it that nothing can stop you. Furthermore, at mealtime, you can forget about decisive YES and firm NO. It will be sometimes YES, sometimes NO, sometimes YES-and-NO, whichever you please. You will have achieved a relaxed, self-permissive, take it and/or-leave-it attitude toward all kinds of food that will be yours for the rest of your long, slim life.

You will always choose YES foods in preference to NO foods. You will like them better and enjoy them more. But when, for social reasons or because you suddenly feel like strawberry shortcake, you choose a NO food, you won't get mad at yourself. No harm will be done. Your hungerstat and habitstat will be in good working order. Your inner YES-NO balance will right itself automatically.

Don't ask me why. Go back to Chapter V and ponder once again the wonderful workings of that miraculous real body of yours, especially the workings of your sympathetic nervous system. I believe that the answer is there, but don't take my word for it. Ask the neurologists and psychiatrists and other wise men and women.

And listen. Don't follow the YES and NO plan unless you really *want* to reduce. In fact, I definitely advise you against it, unless you are certain that you want to succeed. Unless you are willing to accept no less than three brand-new kinds of freedom. Freedom of Food. Freedom from fat. And a third. the adult prerogative of freedom of choice.

What Have You Got to Lose?

You know what you've got to lose in pounds (see Ideal Weight Chart, pp. 297-8). Don't be in a tearing hurry, this is for keeps,

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you know. A two or three-pound loss a week is ideal, and you may be sure that as you follow your YES AND NO Reducing Plan you will melt down slowly, steadily and—best of all—permanently.

Here is a surprise for you. My first concern is not that you lose weight. What I want you to do is to lose certain hungers and gain others. Once you have acquired a taste for wholesome, vital YES foods with their *natural* vitamins and minerals, your appetite will become normal and *natural* and your reducing problem will be solved for life.

Nor is it my first concern that you eat low-calorie foods. I consider it more important that your menus be made up of foods which taste good and build health. I want you to enjoy your lean YES foods, to prefer them to rich NO foods. And I expect you to gain health as you lose pounds, for a scientific reducing plan such as ours is a health plan as well.

In Chapter IV we turned upside down the old idea that 'the way to reduce is to go on a starvation diet'. Why? Because the way to reduce permanently is not to deprive yourself of food but to re-train hunger and habit patterns. Eating 1,200 or 1,300 calories of *natural* foods will help get your hungerstat and habitstat in balance far better and quicker than any drastic 800 or 1,000 calorie 'Banting' spree. I believe that the great importance of the menus I am giving you as a guide is not the fact that they contain between 1,200 and 1,400 calories for every day, but that they are rich in the natural nutriment that overweight people especially need.

In fact, I am going to surprise you further by not limiting you to an exact number of daily calories or a certain number of grams and cubic centimetres of food and drink. There are so many reducing books, filled with oh-so-correctly tabulated breakfasts, luncheons and dinners—giving calories, weights and measurements. I, too, used to send out such menus by the thousands.

But it is not for nothing that I have travelled all over the world. Last year, in one month alone, I visited four continents—my own United States, South America, Africa and Europe. Wherever I went, I talked with and listened to the great army of would-be

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reducers. Some—especially in Denmark, Germany, France and Italy—were saying, 'We cannot follow those strict rules; we cannot get the food.' Others said they could not afford to follow the rules, others that their climates and seasons made a difference. Many protested that they had not time to calculate weights and calories, that they were not interested in becoming vitamin and mineral detectives. The chief complaint of the great majority was, 'We do not like to feel so limited'

Let's Discount Calories

You will hear little from me about cast-iron calorie charts. What is a calorie, anyway? Every high school student knows that it is the unit of measure of heat. All right. When a calorie of protein and a calorie of carbohydrate are burned outside the body, they produce exactly the same amount of heat. But when they are burned *inside* the body (metabolism) the protein calorie produces five times as much heat as the carbohydrate calorie. What does this mean? It means that, since the specific dynamic action is not the same for all groups of foods, calories do not always indicate heat value. Moreover, they certainly do not indicate food and health value.

Are you still listening? I thought not. That is why we are leaving grams and calories behind us. I am not alone in doing this. When I visited the reducing clinics of Carlsbad, Switzerland and Germany I heard no mention of calories. Patients were given a simple balanced diet of wholesome, natural, fresh foods and the reducing took care of itself. I never heard the word 'calorie' spoken to reducers at Dr. William Howard Hay's sanatorium in Pochana nor at the famous sanatorium in Battle Creek, Michigan.

If you really want to wrestle with calories and prefer what one of my Moroccan students called 'regimented' eating, I present you with neatly calculated calorie charts (pp. 276-81). And I suggest that, since calories do not always indicate heat value, you might begin thinking in a new way—think of what you eat, not as containing fuel units (calories) but as containing food units (calories *plus* proteins; carbohydrates, fats, vitamins, and minerals).

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The approximate figures on our present caloric charts will serve until scientists give us new caloric-*plus* charts. Thus, a piece of good toast gives us 60 food units, a fresh egg 80 food units, and so on.

You don't want to beat your brains over food units' Fair enough. Skip the jargon completely. We will end needless confusion and concern ourselves only with the simple and agreeable business of eating delicious food.

The Fat and the Lean of It

Let us also stop talking about 'fattening' and 'non-fattening' foods. Actually, no one food is fattening—unless you overdo it. Fats, oils, sugars and starches are more concentrated sources of body fuel, that is all. If you eat more than your body requires, you will gain weight, even if there is no fat on your menu. And if you eat not quite enough to provide the body with what fuel it needs, it will burn its own fat and you will lose weight as surely as night follows day. That is the principle of reducing.

As you know, we say YES to natural, unrefined sugars and starches, and to small amounts of the best fats—fresh butter, margarine, and especially vegetable oils, which contain the important vitamins B, E and K. A little fat makes food tastier, prevents hunger pains and helps burn up your excess fat faster. Research, including that of Dr. Margaret O. Ohlson who developed the famous Cornell diet, has shown that inclusion of some fat and some sugar helps upset the mistaken old notion in Chapter IV that 'reducing makes you tired, irritable and depressed'. Fats are necessary components of every cell in the body and make up part of your nerve and brain tissues—a point often overlooked in unbalanced reducing diets. You remember (see *Your Digestive System*, page 41) that in the digestive tract fats are broken down into fatty acids, three of these are especially important to health and are sometimes collectively spoken of as vitamin F. These are found in good amounts in wheat germ, soya bean and peanut oil. At a German sanatorium it was discovered that eczema and skin troubles tend to develop in people who are on overstrict reducing

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diets lacking these fatty acids, and when some of the cold-pressed vegetable oils were added to the menu the skin difficulties disappeared as if by magic. In our lifetime reducing plan we include at least a teaspoonful of vegetable oil daily (a pleasant way is to make tasty light salad dressings with these oils).

Therefore, since some fat, sugar and starch are ours for life, I find it more meaningful to think of our YES and NO foods, not as non-fattening and fattening, but as 'lean' and 'rich'. Lean meats, for example, are broiled or roasted meats with excess fat trimmed away; lean eggs are eggs cooked any way but fried. Lean desserts are fresh fruit or fruit stewed with a little honey. Lean beverages are tea and coffee without cream or sugar (or *café au lait* made with skim milk). Lean milk includes fresh skim milk, buttermilk, the new yoghurt made with skim milk which may be available soon, or any of our delicious long, lean milk drinks (see pp. 268-71). I cannot mention lean milk without urging you to drink it to your heart's content—a pint a day or more, if other protein foods are expensive to obtain. Yoghurt and buttermilk are more filling than skim milk. Use natural buttermilk if possible, and strain it through a fine sieve to remove the remaining butter fat.

Here are the Ten Basic Principles of YES AND NO Reducing:

Lots of protein

Don't forget the wonderful low-cost proteins such as powdered skim milk

Moderate amounts of carbohydrate, use only NATURAL starches and sweets.

Use honey, molasses, brown or raw sugar and *low-calorie* flour and sugar made from the Jerusalem artichoke, and the *low-calorie* sweet liquorice

A small amount of fat.

Don't forget the valuable *vegetable* oils—wheat germ, peanut, avocado, soya

Plenty of fresh vegetables and fruits to provide natural vitamins and minerals

Don't peel, soak or overcook vegetables or let juices lose their freshness

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Three meals a day.	Don't skip meals, particularly breakfast
One adequate serving of each food	Don't have second helpings
Unlimited 'lean' beverages	Don't forget that lean fermented milks such as yoghurt and strained buttermilk are beverages-plus
Mid-morning and mid-afternoon snacks, a milk, fruit or vegetable-juice drink at cocktail time.	Don't let the stomach feel 'empty'.
Eat slowly, chew well	Don't eat when you are tense, tired or mad at someone (including yourself).
Fortify your meals with supplementary vitamins and minerals	Don't forget that in addition to vitamin and mineral tablets, the wonderful natural fortifiers such as food yeast and black molasses are at your service.

And here, at a glance, are your YES AND NO foods. Delicious YES foods for you to select from. A few YES-and-NO foods for you to use with discretion, they are valuable and will help make your menus pleasant. Then there are some NO foods. They are definitely 'out' in any intelligent reducing plan, but when you have reached your ideal weight, and your hungerstat and habitstat are functioning automatically, have these foods occasionally, if you want to. For the complete list of YES, NO, 'YES-and-NO foods, see pp. 287-93.

YES	YES-AND-NO	No
<i>Go heavy on these</i>	<i>Use within reason</i>	<i>Only once in a blue moon</i>
Lean meat	Whole grains	Fat meat
Lean fish	Whole breads	Fat fish
Poultry, all kinds	Root vegetables	Fat gravies
Liver, all kinds	Corn	Rich cream

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YES	YES-AND-NO	NO
Go heavy on these	Use within reason	Only once in a blue moon
Bulky green and yellow vegetables, especially	Sweet fruit	Cream soups
Lettuce	Sweet fruit and vegetable juices	Rich desserts
Carrots		Canned fruits (with added sugar)
Cabbage		Preserves
Tomatoes		Candies
Fresh fruit, especially		
Berries		
Melons		
Rhubarb		
Grapefruit		
Oranges		
Clear soups		
Cottage cheese		
Yoghurt, fortified skim milk, buttermilk		

Eat Six Times a Day

Nutritionists who have studied the eating habits of the Indonesians report that they never saw a fat man or woman in Bali. The Balinese, they tell us, never eat large meals. Throughout the day they take just a mouthful of food or drink at a time. This may be a small soya bean cake, a patty of cold boiled rice, a piece of fish, coconut, fruit, a cup of coffee or other beverage.

I have never been to Indonesia, but for a long, long time I have been teaching, preaching and practising this Balinese secret for slimness, suppleness and good health. In our YES AND NO Reducing Plan we eat between meals—mid-morning, mid-afternoon and cocktail time. We eat at least six times a day (you may have a before-bedtime snack also, if you like).

I am sure you know why we do this. It is because research demonstrates that in normal persons the intense hunger that leads to overeating and consequent overweight often is caused by low blood sugar level. By frequent small meals we keep our blood

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sugar stabilized at the hunger-preventing level and will have no desire to stuff.

Now stop a minute; this is important. The way to keep your blood sugar level up is not by eating sweets. Blood sugar is not the same as the sugar in your sugar bowl; it is not what candy is made of. To appreciate this fully, go back to our study of Your Digestive System (page 41) and follow the chain of events between the white sugar (sucrose) that you eat and its conversion into the sugar (glucose) that your body uses as an energy unit. It is a long one, involving the nervous system, intestine, liver, adrenals, pituitary, thyroid, pancreas and a great variety of enzymes, hormones, vitamins, co-factors and oxidation-reduction systems. Further, the whole chain of events is intimately involved with protein and fat metabolism. Popular slogans to the contrary, you cannot 'up' your blood sugar level and 'down' your appetite by 'reaching for a sweet before you eat'. What you do is to give your energy a quick ride on an escalator, after which (because sugar, like alcohol, is a vitamin thief) it will drop even lower than before, and start you reaching for another sweet to get another ride.

For our Balinese nibbling, we reach for fruit and fruit juices, which are rich in natural sugars, vitamins and minerals. We save our lean milk, buttermilk or yoghurt for between-meal lifts. Stabilizing the blood sugar level in this way *really stabilizes*. It is an important part of re-setting the hungerstat and setting yourself free, for ever, from that famished feeling that lowers reducing morale.

Have a Good Breakfast

While in South America last year, I saw many men and women devour steaks with their breakfast. They could work better and think more clearly when they had meat for breakfast, the men told me. Most of the women claimed that when they ate meat for breakfast they felt better, did not get nervous during the day and did not gain excess weight. I realized that intuitively these South American men and women knew that a protein-rich

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breakfast can make or break the whole day. One of them said to me: 'Señor, we eat breakfast like a king, lunch like a princess and dinner like a pauper.'

No, I am not going to ask you to eat steak for breakfast. But I do want to impress upon you the fact that fruit and coffee or rolls and coffee or devitalized cereal and coffee are not enough, especially for reducers. Thousands of experiments have proved that after a skumpy breakfast the blood sugar falls lower and lower, and that this is responsible for much nervousness, fatigue and even headaches.¹ A stick-to-the-ribs breakfast is your best protection against overeating during the day; make this a habit and your reducing goal is half won.

If your hungerstat and habitstat need re-training in this respect, here's how simply eat a light evening meal for a few days, retire a little earlier. Soon the hearty breakfast will become the most welcome as well as the most important meal of your day. Some nutritionists believe that we should eat one-third of our daily intake for breakfast. However, unless you do hard physical work, I suggest a breakfast that represents about one-fourth of your daily food.

What shall we have? Glance back at your basic YES principles. Fresh fruit, of course. For protein, one fresh egg, cooked any way except fried, and two strips of lean bacon, if we wish. (Physically active men and hard-working women can have two fresh eggs.) For carbohydrate and the modicum of fat, one slice of nourishing bread or toast, with what I call a Put-and-Take spread of fresh butter or margarine. (Put it on and Take it off.) Add a lean beverage, relax and enjoy a second cup. The day is yours.

Mid-Morning Bracer

The morning is a busy one. Three or four hours after breakfast, energy seems to lag. The mind slows down, the disposition

¹ I strongly recommend that you read 'Breakfast In Relationship to Blood Sugar' by E O Keiles and L F Hallman, U S Department of Agriculture Circular 827

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gets edgy. What's the matter—stomach empty? It can't be. (Remember our tour of the digestive system.) That 'empty' feeling is false-hunger, which means blood sugar needs a boost.

Natural sugar, of course. Have a piece of fresh fruit. Or Swiss coffee, or milk drink. I, myself, like a tall glass of golden carrot and celery juice, fresh and frothy, tinged with the bright green of parsley juice added at the last moment. (Carrots are a particularly delicious source of natural sugar.)

Feel like a million now? Good. We're re-setting the habitat for this mid-morning snack, and another at mid-afternoon. We're really giving ourselves a break.

Lunch Is Ready

For the rest of your long, slim life, make luncheon time salad bowl time. NO pale iceberg lettuce (the least nourishing of all salad greens) with a pink blob of dressing. YES, a great big HE-man salad, with light and dark green crisp leaves, broken by hand and never, never cut. Tomatoes, radishes, green pepper slices, whatever vegetables are in season

Now, back to the basic YES principles. Lots of protein, some carbohydrates and a little fat. Right. So we add about half a cup of your favourite protein—a different one for every day in the week. Chicken, cheese, tongue, hard-boiled eggs, lean fish (shrimp, lobster tails—fresh or frozen), lean meat (left over from last night's dinner); for those who prefer no-meat proteins there are cottage cheese, soya beans, nuts and mushrooms. Tossed in a bowl with the vegetables and sparingly marinated with a provocative light dressing, this makes a Lucullan lunch, rich in vitamins, minerals, chlorophyll in its most delicious form. There is bulk enough to satisfy even an overdemanding stomach; made with that elusive vitamin 'Loving Care', such a salad gives contentment. All we need with it are one or two thin slices of bread—nutty whole wheat bread, 100 per cent rye bread, rye crackers, soya bread, or my high protein bread fortified with wheat germ, skim milk, yeast and soya flour. Choose the bread you most enjoy, toasted if you like, with the Put-and-Take-spread of fresh butter

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or margarine. Add your favourite beverage—coffee or tea (keep it lean) or a glass of yoghurt or buttermilk. If you want dessert, make it fruit, preferably fresh, occasionally stewed.

There you are. Would you rather eat your proteins separately, with a mixed vegetable or fruit salad? Do so, by all means. But I believe you will find your lunch heartier and more delicious when everything is tossed together in a big bowl

(See page 225 for My Favourite Salad Combinations and Lean Salad Dressings.)

Mid-Afternoon Lift

Let this be a piece of fresh fruit. Or any of our pleasant long, lean milk drinks. Or fruit or vegetable juice. Or some refreshing yoghurt. One of my Hartford, Connecticut, students (guess what business he is in) says of this mid-afternoon snack: 'It's low-ebb insurance. It's false-hunger insurance. It's self-pity insurance. It's my million-dollar life policy.'

Cocktail Time—Have a 'Hauser'

You have worked hard all day and deserve a good dinner. You shall have it—but, wait a minute. What's your hurry? It's cocktail time. Take a wonderful tip straight from a famous New York obesity clinic. One hour, or at least thirty minutes before you sit down to dinner, have one of Nature's cocktails—a cool fruit or vegetable juice drink. It may be orange juice, apple juice, grape juice, tomato juice—whatever appeals to you.

You know why, but let's say it again. This is your quick source of blood sugar, it curbs hunger, it insures you against overeating at dinner. There are all sorts of tricky appetite-curbers on the market, these can do you no permanent good because they lack the essential elements that natural juices contain; also they do not help you in re-setting your hungerstat for whole, natural foods

I have been advocating this natural cocktail for thirty years—so long and so loudly that many of my students all over the

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world call it the Hauser cocktail. I, myself, often call it the Sunshine cocktail. Call it the Slim Jim or the Lean Wolf or the Anti-Stuff—whatever you like, but set your habitat for this natural cocktail and become a happy addict for life.

Dinner Is Served

Ready for dinner now? Let's start with something fresh—preferably a crisp fruit or vegetable salad. You know the reason: salad gives you bulk, it takes the ravenous edge off your appetite, it gives you the vitamins and minerals you want in their most delicious form. And here is another interesting reason: the Virchow reason.

Years ago at his famous clinic in Germany, Dr. Rudolph Virchow discovered that when patients began meals with cooked food their digestive tracts became slightly inflamed. Leucocytosis, this is called. When the same patients began meals with fresh, uncooked food, there was no leucocytosis. It seemed as if the digestive tract were fighting off cooked food in favour of fresh. Virchow did not jump to conclusions and tell people to live on raw food, as many other investigators did at that time. He kept on investigating and found that when his patients started their meals with something fresh and uncooked they could go on and enjoy their normal, balanced, cooked meal without leucocytosis. Why do I tell you about Dr. Virchow? It's one more opportunity to explain why in our YES AND NO Reducing Plan—and in famous reducing clinics all over the world—dinner menus, whenever possible, begin with a fruit or vegetable salad bowl.

On blustery, cold days we can start with a cup of clear, lean broth (see page 257). After this, depending on our pocket book, comes a good portion of lean meat (steak, roast, chops) or fish or chicken or liver or meat substitute. We know that leafy vegetables are our best friends; let's have two of them—short-cooked and served with a minimum of butter or margarine. We know that we include a moderate amount of natural carbohydrate. Who's afraid of a medium-sized, 'mealy potato' (How

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did potatoes get such a big, bad reputation?) When we eat rice, we make sure it is the 'whole' brown variety. Occasionally we have spaghetti or noodles, using the kind fortified with artichoke flour, gluten flour or soya flour. We serve spaghetti *al dente*, or slightly underdone, as the Italians do, it is thought to be leaner that way. For dessert, how about fruit compote stewed with honey in the lean manner? Or, on special occasions, a luscious open-faced fruit pie made with lean, nutty whole-wheat or shredded-wheat crust? Coffee? (See pp 258-60 for fascinating ways of making coffee) And add to this entire nourishing meal that flavoursome ingredient 'pleasure in eating'. How was it the philosopher phrased it? 'Fate cannot touch me, I have dined today.'

Drinking and Smoking—Yes and No

ALCOHOL STEALS VITAMINS. That is not a news headline. It is an everyday fact. The highball or cocktail that you enjoy before dinner, when the day's work is done, is a B vitamin thief. Don't misunderstand me, I am not a teetotaler or a killjoy. I just want to caution you that alcoholic beverages increase your need for vitamins. Why? Because alcohol is a carbohydrate and, like the candy and pastry carbohydrates, it requires B vitamins for its metabolism. So the body borrows from your daily stores, and then you need more B vitamins to offset the loss.

In a remarkable little book entitled *Nutrition and Alcoholism*, Dr. Roger J. Williams relates the discovery of how alcoholism is tied up with nutrition. Experimental research and clinical trial showed that lack of vitamins was a factor in the overwhelming urge to drink, and that certain therapeutic amounts of B vitamins plus good nutrition eliminated the urge to drink. As long as Dr. Williams' patients abided by his nutrition-plus-vitamins plan, they could drink in moderation or leave it alone, as they preferred. When they neglected their established requirements of vitamins, the old alcoholic urge came back. As with other aspects of the nutritional picture, it was pointed out that there are wide variations in the individual requirements for B vitamins, and this in turn influences the wide variations in individual reaction to drinking.

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Alcohol and sugary desserts and candy are remarkably similar: you can 'get drunk' on any of them, all are carbohydrates, all are B vitamin thieves, all are loaded with hidden calories that carry excess weight.

YES, have a relaxing drink, if you wish it. YES, make it wine rather than hard liquor, if possible. Wine is festive and it contains digestive enzymes, a factor in its favour. NO, do not make the mistake of having an extra drink because you are reducing and want to reward yourself for eating less. To help you make your own YES and/or NO decision on this point, here is a chart that will show you that alcohol, though it does not nourish, definitely is fattening.

<i>Beverages</i>	<i>Calories</i>
Beer (12 oz)	170
Brandy (1 oz)	75
Cocktails (3 oz)	
Daiquiri	130
Manhattan	170
Martini	145
Old-Fashioned	185 (more, if you like them sweet)
Eggnogg (1 scant cup)	200
Rum (1½ oz jigger)	105
Tom Collins	180 (more, if you like them sweet)
Whiskey (1½ oz jigger)	
Rye	120
Bourbon	120
Irish	120
Scotch	110
Wine (3½ oz glass)	
Red	75
White	90
Port	160

And remember, soft-drink mixes (except for plain soda) have calories, too.

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Don't Go Up in Smoke

I myself have never smoked, but this does not mean that I am entirely against it. In fact, sometimes I envy my friends who, after a delicious meal, relax over their coffee with a cigarette. I imagine that for some people tobacco, used temperately, may fill a certain need.

Many people, however, use cigarettes as a substitute for food, and because, as we have seen, overeaters are persons with strong oral cravings, it is possible that, if you are a smoker, you may find yourself wanting to smoke more than usual while you are reducing. For this reason I commend to your attention the words of Dr. Clarence William Lieb in a *Reader's Digest* article. 'Tobacco contains as nice a collection of poisons as you will find anywhere in one small package. The least you can do, out of respect for the only body you will ever have, is to use these poisons, if use them you must, in moderation.' In other words. YES-and-NO.

Extra Vitamins and Minerals

YES, we cut down on fats, sugars and starches. NO, we never cut down on vitamins and minerals. In our YES AND NO programme we get extra amounts of all vitamins, especially those of the B family, and extra amounts of the minerals, iron, iodine and especially calcium, which so often are lacking in reducing menus. This is why we fortify our beverages with lean skim milk powder and vitamin-rich lean brewer's yeast; it is why we use iodized vegetable salt at all times. It is why we fortify our meals with supplementary vitamins and mineral tablets.

The formula thousands of my students use to supplement their YES AND NO eating is a balanced combination of all the necessary vitamins, and minerals in a base of yeast, liver, parsley and alfalfa. Here is the formula. Your doctor probably has already prescribed such a combination.

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<i>Vitamins</i>		<i>Minerals</i>	
Vitamin A	10,000 U.S.P. Units	Calcium	188 mg.
Vitamin B-1	8 mg.	Phosphorus	95 mg.
Vitamin B-2	4 mg.	Iodine	0.025 mg.
Niacinamide	10 mg.	Iron	2.5 mg.
Vitamin B-6	1.5 mg	Vitamin D	100 U S P. Units
Vitamin B-12	2 mcg	Magnesium	1 mg
Vitamin C	60 mg	Copper	0.5 mg.
Vitamin D	1,000 U S P. Units	Zinc	0.1 mg.
Vitamin E	3 3 I U.	Manganese	0.5 mg
Pantothenic Acid	3 mg	Nickel	0.7 mg
Folic Acid	0.5 mg.	Potassium	1.0 mg.
Vitamin K	0.3 mg.	Cobalt	0.1 mg.
Vitamin P	2 mg	Fluorine	0.065 mg.
Rutin	0.3 mg	Chlorophyllins	2.5 mg.
Inositol	6.6 mg		
Choline	8 mg		
Biotin	6.6 mcg.		
Para-Amino Acid	8 mg		
Chlorophyllins	5 mg		

So there is no possible chance of my missing any of the important vitamins and minerals, I take the above concentrate in small tablets, each and every morning, with my breakfast. I heartily recommend to all reducers that they also fortify themselves daily with a balanced concentrate.

Eat Natural, Wholesome Foods



On my last lecture tour of the United States I spoke for the first time before Town Hall groups and was greeted by enthusiastic new audiences. I was delighted by the general 'good looks' of these audiences. They were women of culture, intelligence and wealth, who knew a great deal about art, literature, music, economics and politics, and even something about nuclear physics. But they knew so little about food. How could I tell? Long before they began asking questions on the subject it was woefully apparent as I looked out across row after row of overweighters.

Well, they were there to learn about food—and I was there to teach them. They followed my lecture intently, faces lighting up as I explained how within thirty to sixty days they could, if they truly desired to do so, change their lives and become their trim, slim selves again. Most important, that it could be done sensibly and enjoyably without grim do-or-die dieting or mad calorie counting.

One of the reasons why there are more overweighters in America than in any other country is because they have a greater abundance of food and more money to spend for it. But the thought I want to impress upon the minds of all intelligent people is that, nutritionally, man has been asking for trouble ever since he began tampering with the quality of Nature's foodstuffs. It is my opinion, based upon observation and experience in nutrition, for more than thirty years, that the country which produces the most denatured, artificial, over-refined foods

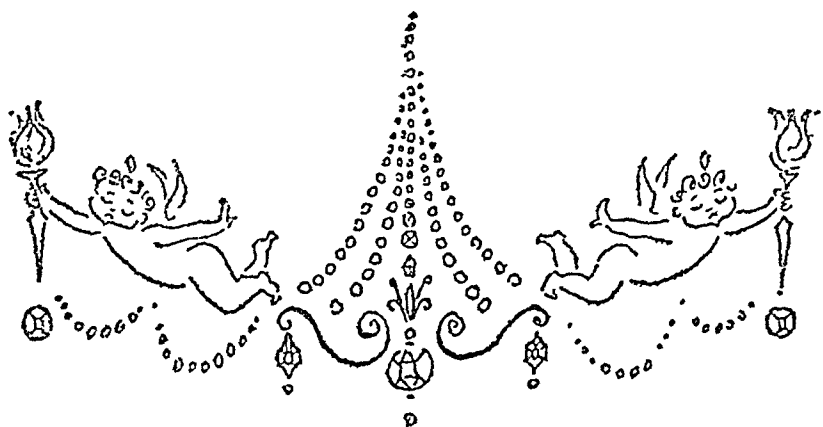
will have the greatest proportion of overweighters—and that country, I am sorry to say, is the United States of America

Practically all the food we *habitually* eat has been tampered with. Our bountiful grains are denatured in the milling process, vitamins and minerals removed, and the bleached-out remainder is processed into soft, fluffy white breads that would be laughed at by peasants. Sugar is refined, bleached and processed. Most fats and oils are over-refined and purified to negative value. In our kitchens, chefs and housewives habitually overcook, overpeel, overlook and throw away many valuable food elements.

Of course I know that life can no longer be lived as naturally and as simply as in our forefathers' day, but even in our over-civilized age there is much we can do to protect ourselves, nutritionally. If we are to keep our bodies slim and fit and wholly alive, we must have more wholesome food—food that is 100 per cent nourishment, as Nature intended it to be. It can be had in juicy broiled meats, short-cooked tender vegetables, crisp and tasty green salads, ripe fruits, fruit and vegetable juices, natural sugar with all its vitamins and minerals, and breads that still contain the 'staff of life' nutrients of the original grain. It cannot be had in devitalized foodstuffs that are overcooked and over-refined; or in soda pops and colas.

Overweight people often are chronically hungry. Why? Partly because the foods they eat lack nourishment. They lack the good proteins, vitamins and minerals that satisfy the body's needs. In a vain effort to check insatiable appetite, or by force of habit, they stuff themselves with fluffy white breads, pastries, biscuits and other sweets, but still the body goes hungry and unsatisfied and, unable to assimilate this 'synthetic' nourishment, retaliates by piling it up in rolls upon rolls of flabby flesh. Lacking basic nourishment, overweighters are constantly hungry—and so they overeat—and so it goes, around the vicious circle—the ever-expanding circle of the waistline.

I have had to get accustomed to ridicule during the past thirty years because I constantly insist upon naturally nutritious foods. It is tough going at times, and it may take another thirty years before it is generally realized that one reason why we have so



And they grow farther and farther apart

many overweight people is that so many of our foods are relatively foodless. You may not find this information in other reducing books, even the best and soundest. Some serious scientists cannot always speak as plainly as a freelance like myself; the institutions with which they are affiliated sometimes are endowed by manufacturerers of foodless food.

A distinguished gentleman, Dr. William Howard Hay, influenced the eating habits of Americans and Europeans—in fact, of the entire world—through his writings and nutrition classes. Some years ago, when the first big revolt against overweight had just swept America, I met Dr. Hay; we spent an evening talking nutrition together, and I was interested to hear him definitely blame the increase in obesity on over-sophistication of eating and drinking and over-refinement of food. Imagine my pleasure, when this famous doctor said to me, 'Hauser, I am impressed by your personal story of how you ate yourself from sickness to health. I like your gospel of "living foods". If people were given natural foods their appetites would be natural; they would not constantly overeat and there would be no need for us to teach them how to reduce. Stick to this gospel. You are young and will see many changes; you can have great influence. Never weaken in your conviction that natural food is best for man's health and happiness.'

I have never weakened. I believe that 'We are what we eat' and I call it a great pity that America, which leads the world in fine foods, should lead the world in obesity. I look forward to the day when Americans will demand more naturally-nourishing foods, and I hope and believe that when that time comes our great industrialists and food processors will ungrudgingly supply it.

Meanwhile, we thinking people can find all the complete, unrefined foods available and supplement them as long as it remains necessary with extra vitamins and minerals. Such good, wholesome fare nourishes and satisfies so that you cannot overeat and will not want to.

Good meals—nourishing meals—mean much more than a certain quota of calories; they mean balanced proportions of

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proteins, carbohydrates, fats, vitamins and minerals. You'll find them in the foods recommended in this book. Let me show you, now and for ever, how well you may eat, how many good foods you may enjoy and yet reduce to your real proportions and maintain your real weight for life

Proteins, carbohydrates and fats are the BIG THREE. In order to eat well and reduce, you, of course, need the 'hidden' food elements—the vitamins, the minerals and the many as yet undiscovered food factors. The last word in nutrition has not yet been spoken, but this we do know that most overweighters do not get an excess of proteins, vitamins and minerals. They overeat on starches, sugars and fats—for it has always been true that fat makes fat faster than any other food, and starches and sugar are the second factors

If for a time you should cut out all starches, sugars and fats and eat only proteins (lean meat, fish, eggs, milk, soya beans) you certainly would reduce. But it would be monotonous, also, such concentrated proteins would not prove healthful. However, if we add to the proteins some of the green leafy vegetables, preferably in big salad bowls, you would have an almost ideal reducing plan, because you now have proteins, plus vitamins, plus minerals, plus bulk and in the best possible form. Again you could not help losing weight.

But if you ever have been on such a régime, you know from experience that after a week it becomes boring and you start cheating. So instead we shall eat lots of good proteins, some leafy vegetables, raw or cooked, and small amounts of starches and some fruit for dessert. This makes a reducing menu fit for a queen. There is only one thing missing. We have as yet added no fat, and we really would not have to do so because many foods contain hidden fat. However, since we are not do-or-dieting but learning to eat intelligently, and since we want to re-educate your hungerstat so that you will subconsciously and automatically eat the right foods, we also add a little fat to our menus. Notice, I said a *little* fat. We add this for two reasons. A little fat gives some sense of contentment or as the Scotchman said, 'Meals stay with you longer.' This, no doubt, is due to the fact that fats

take longest of all the foods to digest. And we also add a little fat so that you need never feel sorry for yourself. You are not missing a thing. You have all the food factors. True, I have not mentioned sugar, but, believe me, without taking one spoonful from your sugar bowl you get plenty in many of your foods. Your body even makes sugar from the green leafy vegetables (See pp. 294-5 for the 5 per cent, 10 per cent, 15 per cent, and 20 per cent vegetables)

Here I want to give you who overbalance the scales because of underbalanced meals some of the highlights of the science of nutrition.

PROTEINS—THE BODY BUILDERS AND REPAIRERS

Let's talk about proteins first. They are of first importance for growth, development and maintenance of life. They are the 'protective foods', and doubly important in a weight-reducing plan because protein foods, more than any other, satisfy hunger. They stick to the ribs, nourish and keep the body young and elastic.

Protein is the basic nutrient for all living cells, whether man or amoeba, flesh, fowl or good red herring. Protein supplies the 'building blocks' of the body, the basic ingredients for tissues, muscles, bones, glands, internal organs, nervous system, skin, blood and other body fluids. Yes, every inch of you requires protein, including your hair and nails. No wonder nutritionists insist upon liberal amounts of protein foods in daily meals!

For you overweighters who want to cut down the size of your bodies and rebuild them closer to the heart's desire, ample amounts of first-class proteins are a *must*. Remember that they prevent hunger and they prevent the body from going soft and flabby. All too often we see people who have reduced their weight by drastic diet and insufficient protein foods looking old, haggard and wrinkled in consequence.

Keep in mind that when protein foods form the basis of a reducing plan, the body is helped to metabolically *subtract* the stored-up fats and carbohydrates. Protein is an 'active' nutrient,

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busily employed in repairing the daily wear and tear. Nutritionists agree that every man and woman should have, daily, about one gram of first class protein for each two pounds of body weight. (This means your real weight, not your present overweight; the right weight for a person of your height, bone structure and sex at the age of twenty-five. See the charts on pp. 297-8 if you are not certain.) A woman weighing 8 stone 8 pounds should have 60 grams of protein a day; a man weighing 10 stone 7 pounds should have 75. Many reducers ignore this important point, and without sufficient proteins they feel weak, tired and irritable, and their reducing plan goes overboard. Also, protein foods are not the lowest in cost—and this cost factor is one of the reasons why I introduced the 'life saving' proteins of powdered skim milk, brewer's yeast, soya flour and wheat germ, which are excellent fortifiers for those who cannot afford the more expensive forms of protein foods

Irrespective of cost, the first-class proteins are found in eggs, cheese, milk, yoghurt, the glandular meats such as liver, kidney, heart, brain, sweetbreads, and, of course, the roasts, chops, steaks, poultry and fish. But glandular meats take first place because they are richest in essential vitamins and minerals as well. Among vegetables, only a few contain first-class proteins; they are soya beans, nuts, cottonseed flour, and fresh wheat germ. Second-class proteins are found in dried beans, lentils, corn, rye and gelatine.

From long experience I have found that meals including both animal and vegetable proteins are the best insurance of a firm and healthy body. Here then is a check list of good protein foods. May I suggest that you check your protein intake for the last twenty-four hours? You may be surprised. Remember, no less than 60 grams a day for women and no less than 75 for men.

<i>Meats, Fowl</i>	<i>Amount</i>	<i>Grams of Protein</i>
Beef, lean	One serving	17
Chicken	" "	18
Ham	" "	6
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<i>Meats, Fowl</i>	<i>Amount</i>	<i>Grams of Protein</i>
Heart	One serving	11
Kidney	" "	11
Lamb chop	One medium	10
Liver	One serving	19
Meat, average lean	" "	20
Steak, lean	" "	21
Turkey	" "	16
<i>Dairy Products</i>		
Milk	One quart	33
Yoghurt	" "	33
Skim milk	" "	34
Skim milk, dry	Half a cup	21
Buttermilk	One quart	33
Cottage cheese	Three tablespoons	10
Egg	One medium	6
<i>Fish and Seafood</i>		
Fish, average	One serving	12
Oysters	Seven	10
Salmon, canned	One-third cup	22
Shrimp	Six medium	8
Tuna	Two tablespoons	12
<i>Miscellaneous</i>		
Almonds	Ten medium	2
Beans, soya, dried	Half a cup	51
Peanuts	Two tablespoons	10
Walnuts	Half a cup	8
Wheat germ	" " "	4
Corn germ	" " "	5
Corn, fresh or canned	One-third cup	3
Lentils	Half a cup	9
Peas, dried	" " "	7
Peas, fresh	" " "	5
Potatoes	One medium	3
Yeast, food	One tablespoon ^s	3

Here's how to fortify your meals with extra protein.

1. Mix half a cup of powdered skim milk with a quart of fresh skim milk and, believe it or not, you have 55 grams of protein. Practically a whole day's supply of first-class protein in a single bottle. Keep this on ice and use any time during the day.

2. Add one or more tablespoonfuls of food yeast to all stews and gravies.

3. Add half a cup of fresh wheat germ to meat loaves and hamburgers.

4. Use yoghurt and lemon juice for salad dressing in place of mayonnaise.

5. Learn to use soya flour in your cooking and baking. Two tablespoonfuls can be added to your favourite recipe for waffles and biscuits. Remember, just one cup of soya flour (fat-free for reducers) gives you 37 grams of good protein.

CARBOHYDRATES—THE QUICK ENERGY FOODS

The chief function of carbohydrates in nutrition is to provide energy for the body and for muscular exertion, and to assist in the digestion and assimilation of other foods. In moderation, they are indispensable to the metabolic processes. Taken in excessive quantities, such as gorging oneself with sweets, pastries and starch foods, the carbohydrates cannot be used up by the body and are only stored where you least want them—in the double chin, potbelly, buttocks.

Another minus factor of excessive carbohydrate intake, recently reported, is that it causes B vitamin deficiency. In an effort to burn up the unnecessary carbohydrates, the body 'borrows' the B vitamins from the rest of your food, and they in turn rarely have sufficient for their own metabolic needs. The vast consumption of white sugar, which is a chemically-pure sucrose without vitamin content, was especially mentioned as a vitamin-depleting factor in the American diet.

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The best carbohydrates and the most complete forms for good food purposes are not found in your sugar bowl. They are found in whole-grain flours and cereals, fresh fruits and vegetables, and the 'natural' sweets which also are good sources of vitamins and minerals. Nutritionists suggest about one gram of carbohydrates daily for each three pounds of your real body weight. This means 40 grams for the 8 stone 8 pound woman and 50 for the 10 stone 7 pound man.

Will you do something for me? Do away with your white sugar bowl. The average tablespoon of sugar contains about 50 calories—and that's all. No vitamins, no minerals, no food value, all the nourishment has been bleached away. Please, give away your white sugar bowl. (Give it to someone you don't like.) And for the rest of your slim life get your daily requirement of sugar from a source that gives you sweetness *plus* vitamins and minerals.

You may be surprised to know how many other sources of sugar there are. Practically every mouthful of fruit and vegetables you eat contains sugar; grapes, sweet potatoes, sweet corn and Irish potatoes are especially rich. And if you think back to that interesting tour we took through the digestive system, you will remember that all the starches you eat—breads, cereals, dried beans and other starchy vegetables—are changed to sugar in the process of digestion. Even meat and liver contain some starch which is changed into sugar—and listen to this: about 10 per cent of the fats you eat yield glycerine, when digested, and this in turn becomes sugar. In fact, about 65 per cent of the food you put into your body is turned to sugar.

Yes, you will get your full quota of sugar in our reducing plan, and I can promise you that your craving for sweets will become less and less as you eat more of the natural, wholesome foods. If you crave a sweet, you will reach for honey, black molasses, sweet fruits or the newly discovered liquorice—delicious and refreshing when mixed with mineral water or milk and far more interesting than pops and colas.

Here is a list of the wholesome carbohydrates. Go light on these if you would lighten your fatty burdens.

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COMPLETE CARBOHYDRATES

Wheat, rye, barley	Short-cooked vegetables
Brown rice	Fresh vegetable juices
Whole-grain breads	Fresh fruits
Whole grains	Fruit juice

'NATURAL' SWEETS

Honey	Brown sugar
Molasses	Dates
Maple sugar	Liquorice

FATS—FOR WARMTH AND ENERGY

Fat is used as a source of sustained energy, as heat insulation under the skin, as padding for the framework, and to round out the contour of the body. Fat foods supply more than twice the number of calories available from equivalent amounts of protein or carbohydrates. Meals containing some fat have greater 'staying power' because the fat is more slowly digested and absorbed than other foodstuffs. This aspect is an important point to reducers: it means that the stomach feels filled for a longer time, thus reducing the craving for snacks and sweets.

As ordinarily used, in moderate amounts mixed with other foods, fat is completely and easily digested and used. Those who want to be trim should trim excess fat from meats, skip fried foods entirely, and learn to use a minimum of other food fats. Minimum fat requirements would be one tablespoon daily, and here are the best supplementary sources

FATS

Butter	Sunflower seed oil
Olive oil	Poppyseed oil
Peanut oil	Walnut oil
Soya oil	Margarine, fortified

THOSE ALL-IMPORTANT VITAMINS

There are those in authority who believe that obesity can be a vitamin deficiency disease. However this may be, we know that all the vitamins have important functions to perform in the metabolic processes of the body and that balanced metabolism is the specific goal of reducers. Metabolism is your body's fire, it is your body's speed of living. And the continued absence or insufficiency of vitamins can throw your metabolism out of gear.

I have likened vitamins to the 'spark plugs' which are necessary properly to utilize the 'fuel', or food, that you take in. Recent scientific investigations, as reported in the medical literature, have also shown that sound nutrition which includes a liberal quota of vitamins is important to maintaining your resistance to 'stress'—the stress and strain, mental, emotional and physical, of daily living and working. Please note that they are *extra important* to reducers, not only because they help break down and metabolize those mounds of fat, but also because they bolster your morale while doing so.

It has surprised me, now and again, to hear that overweight people skip their vitamins because they imagine them to be fattening. This is sheer nonsense. Let's face it—it is the amount and kind of food you eat that makes you fat—and while you were accumulating those extra pounds, you were robbing yourself of your normal quota of vitamins because your body had to 'borrow' the supply from your other foods in its frantic efforts to burn up the excess load of sweets and starches.

And right here, let me emphasize that all the vitamins in the world are useful to you only *in your food* or *supplementary to your food*. Never, never attempt to make them a *substitute* for food. You can't run on 'spark plugs' without 'fuel'. Now let me give you some basic facts about the vitamins.

VITAMIN A

Your body needs vitamin A to help protect against infections, to help make bones and tissues, to keep the skin from scaling, wrinkling and drying out, to keep your eyes clear and sparkling and in good seeing order, especially at night (I'm sure you are all familiar with the much-discussed hazard of 'night blindness' while driving a car).

Vitamin A is found abundantly in fish liver oils, liver, butter, eggs and cream. It is also manufactured by your body, in your liver, from such foods as apricots, carrots, canteloupes and other yellow fruits and vegetables, and from the dark green foods such as parsley, spinach, collards, beet tops, turnip greens, mustard greens and dandelions. Note, however, that the self-manufactured vitamin A is only half as efficient as that derived from fish liver oils, liver and eggs.

Since vitamin A is one of the oil-soluble vitamins, a word of warning to those who mistakenly use mineral oil as a 'reducing' salad dressing. It will rob you of vitamins A and other oil-soluble vitamins and rush them right out through the digestive tract. I have never tolerated the use of mineral oil in my reducing programme for this reason.

Most overweight people do not get sufficient vitamin A and I suggest that you take not less than 10,000 units a day. Here is a list of foods that, raw or cooked, will supply it in generous amounts:

BEST VITAMIN A FOODS

<i>Food</i>	<i>Serving</i>	<i>Units</i>
Liver, lamb	Three ounces	43,000
Liver, beef	" "	37,000
Liver, calf	" "	19,000
Dandelion greens	One cup	27,000
Spinach	" "	21,000
Turnip greens	" "	15,000
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<i>Food</i>	<i>Serving</i>	<i>Units</i>
Carrots, cut up	One cup	13,000
Beet greens	" "	10,000
Mustard greens	" "	10,000
Kale	" "	9,000
Cantaloupe	One half	6,000
Broccoli	One cup	5,000
Parsley, chopped	" "	4,500
Apricots	Three large	3,000
Lamb kidney	Average	1,000
Tomato	One medium	1,500
Peas, green	One cup	1,000
Eggs	One	550
Butter	One tablespoon	500

There's an extra dividend in the dark green leafy vegetables, because they also contain valuable amounts of vitamins B₂, K, E, iron, calcium and other minerals. Remember that the brighter the yellow or the green, the richer these vegetables are in carotene. Please do remember to short-cook the vegetables in as little water as possible—don't be guilty of dumping their invaluable elements down the drain in a potful of cooking water. Never forget that inexpensive beef liver is especially rich in vitamin A. One helping (4 ounces) gives you about 50,000 units of valuable vitamin A!

Here's how to fortify your daily meals with vitamin A:

1. A cup of finely chopped carrots added to your green salad bowl gives you an added 13,000 units of vitamin A.

2. A piece of lamb liver, about 4 ounces, ground up with your meat loaf or hamburger fortifies it with about 57,000 units of vitamin A.

3. Adding just one cup of finely chopped spinach, turnip tops or parsley to stews or soups fortifies them with thousands of additional units of vitamin A.

4. Use egg yolks for thickening gravies instead of pasty white flour. Each egg yolk gives you an additional 500 units of vitamin A.

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5. The richest of all sources of vitamin A is in fish liver oils which doctors and dietitians recommend for extra fortification. Small capsules contain as much as 25,000 units. They are non-fattening and seem to be the favourites.

THE VERSATILE B VITAMINS

Originally known simply as vitamin B and thought to be just one single vitamin, 'B' is now known to be a complex mixture of many vitamins occurring naturally in close association with one another, but different in chemical composition. They work as a team and all are important to normal metabolism. Lack of these remarkable vitamins may show up in digestive disturbances, gaseous distention after meals, anaemia, skin troubles, lassitude, painful tenderness of muscles, or the 'jitteriness' of mental and emotional instability. While a very severe lack would show symptoms within a few months, usually disturbances just develop slowly and insidiously through a minor or subclinical deficiency, continued through the years. You reducers especially need your B vitamins to brace you up mentally, emotionally and digestively while you get rid of that load of fat. Here's a brief review of various components of the essential B Complex.

VITAMIN B₁ (THIAMINE)

Thiamine is necessary to the health of heart muscle, body muscles, the nervous system, and activity of the adrenal glands under stress conditions. It is a vitality vitamin, and vital to you. Good sources of Thiamine (B₁) are yeast, whole-grain cereals, and flours, wheat germ, eggs, nuts, dried beans and peas, soya beans, corn germ, molasses and the muscle and organ meats such as heart, liver and kidney. The richest sources of all are brewer's yeast or food yeast, liver, wheat germ and corn germ.

VITAMIN B₂ (RIBOFLAVIN)

Although this vitamin is widespread in nature, a chronic deficiency is commonplace when meals consist largely of over-refined foods and, as with other B vitamins, the requirements of the body increase as you overeat, especially with an excess of carbohydrates. Riboflavin is needed for the health of your eyes and skin and for general well-being, lack of it invites premature ageing, a burning, itching eye fatigue, annoying cracks at the corners of your mouth, and skin disorders such as eczema and dandruff. Good sources of riboflavin are milk, liver, brewer's yeast, wheat germ, eggs, cheese, green leafy vegetables, peas, lima beans, whole-wheat cereals and flours, and yoghurt. Yeast and liver are the richest sources of all.

NIACIN

This member of the B Complex is essential for the normal oxidation of carbohydrates, the maintenance of physiological enzymes, for healthy skin and mental well-being. Metabolically, niacin acts in conjunction with B₁ and B₂, each being essential to full usefulness of the other. Good sources of niacin are liver, kidney, other organ and muscle meats, wheat germ, brewer's yeast, whole-grain cereals and flours, and green leafy vegetables.

B₆ (PYRIDOXINE)

Although it has long been known to be a member of the B Complex, it is only recently that much study has been given to the specific role of pyridoxine in human nutrition. Now it has been called 'the Rip van Winkle vitamin' because it has been a 'sleeper' in terms of specific values for so many years. Recent research has shown it to be concerned with the metabolism of

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proteins, the maintenance of lymphoid tissue, the formation of antibodies to fight infection and promote wound healing, to bolster reaction to stress, and to prevent nausea in pregnancy. I predict that you will be hearing more about pyridoxine from now on. Good sources of this vitamin are liver, yeast, rice bran, wheat germ, whole-grain cereals and black molasses.

VITAMIN B₁₂

Discovered in 1948, this exceedingly potent vitamin originally was labelled 'the anti-pernicious anaemia vitamin', for its efficiency in treating that stubborn condition. The scientific evidence of recent investigations now verifies that B₁₂ also is necessary for normal metabolic functions of the body, it has remarkable growth properties for children and is essential to physical vigour, mental alertness and adaptation to stress. The Food and Drug Administration has announced that establishment of minimum daily requirements may be expected shortly. Meanwhile, good food sources of B₁₂ are the organ and glandular meats, fish, eggs, and to some extent milk and milk products

OTHER B VITAMINS •

There are several other known members of the invaluable B Complex, any one of which may turn out to be a 'sleeping beauty' as they receive more intensive study. As they are now included in multi-vitamin preparations as a precautionary measure, I'll just give you briefly the recorded facts about them, and their food sources

FOLIC ACID (pteroylglutamic acid) is an anti-anaemia vitamin, essential to normal red blood cells, to antibody synthesis, and also is a factor in resistance to stress. It is plentiful in liver, kidney and other organ meats, in yeast, and to a lesser degree is supplied by green leafy vegetables, whole-wheat cereals, beef, veal and salmon.

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PANTOTHENIC ACID, which created a stir when reported to be the anti-grey hair factor, has been found to influence carbohydrate metabolism, the health of adrenal glands and nervous system, and reaction to stress. Natural sources of pantothenic acid are: yeast, liver, kidney, heart, egg yolk, black molasses, rice bran and wheat bran, peanuts and peas.

CHOLINE is active in the metabolism of fat and helps prevent fatty degeneration of the liver; it is also concerned in the transmission of nerve impulses. Egg yolk, heart, green vegetables, pulses and whole-grain cereals are bountiful sources of choline.

INOSITOL teams up with choline to protect the liver and assist the body's metabolism of fats, and is also concerned in the regulation of gastro-intestinal peristalsis. Good sources are: meats, organ meats, cereal brans, soya beans and citrus fruits.

BIOTIN, essential to certain enzymes of the body fluids and the respiratory system, is present in most animal and vegetable tissues, in liver, kidney, pancreas, egg yolk, yeast, milk, vegetables, grains, nuts and molasses.

Here's how to fortify your meals with some of the Vitamin B 'Family foods

1. Sprinkle fresh wheat germ or corn germ over green salads, over hot or cold cereals, or add one tablespoonful to every cup of flour in all your baking.

2. Use fresh wheat germ in place of bread crumbs to coat fish or veal chops.

- 3 Eat several glasses of yoghurt a day and use it in place of sour cream and mayonnaise

- 4 Add a tablespoonful of food yeast to all gravies, stews and tomato juice.

5. Have broiled (i.e. grilled) liver at least twice a week. Less expensive beef or lamb liver is just as rich as calves' liver.

6. Use black molasses for sweetening in place of white sugar

7. If you eat in a restaurant all the time, chew one or two concentrated food yeast tablets after meals. They now actually taste good

VITAMIN C (ASCORBIC ACID)

This vital vitamin aids resistance to infection, the healing of wounds, the maintenance of bone, cartilage and teeth, firm healthy gums and the body's network of small blood vessels, the veins and capillaries. As vitamin C is not stored in the body, it must be replenished daily—and let me add that there is no excuse for not getting enough of it because it is abundant in all citrus fruits. The richest sources of vitamin C are: oranges, lemons, grapefruit, limes, tomatoes, black currants, raspberries, gooseberries, raw cabbage, green peppers, cauliflower, kohlrabi, kale, parsley, broccoli; watercress, spinach and young new potatoes.

VITAMIN C FOODS

<i>Food</i>	<i>Serving</i>	<i>Milligrams</i>
Orange juice	One cup	122
Broccoli	" "	111
Grapefruit juice	" "	99
Strawberries	" "	89
Turnip greens	" "	87
Pepper, green	One medium	77
Mustard greens	One cup	63
Brussels sprouts	" "	61
Melon	One half	59
Kale	One cup	56
Spinach	" "	54
Cabbage, cooked	" "	53
Cabbage, raw shredded	" "	50
Asparagus	" "	40
Tomato juice	" "	40
Tomato, ripe	One medium	35
Pineapple, fresh	One cup	33
Liver, calf	Three ounces	30
Dandelion greens	One cup	30
Tangerine	One medium	25
Parsley, chopped	One tablespoon	7

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Here's how to fortify meals with extra Vitamin C:

1. Have citrus fruit cups often, either as appetizers or for dessert. Eating the fruit is preferable for reducers. The pulp helps to prevent that hungry feeling.

2. Add to all salad dressing the juice of one lemon.

3 Sprinkle lemon juice and vegetable salt on all flat-tasting vegetables.

4 Drink at least one glass of fresh vegetable juice a day.

5 Fortify flat-tasting tomato juice with a tablespoon of lemon juice and a pinch of vegetable salt.

6. Add a half a cup of chopped dark green parsley to your stews, salads, dressings, hamburgers, mashed potatoes. Tastes wonderful, the vitamin C is free.

VITAMIN D

This is the 'sunshine vitamin', required for good bones and teeth, good posture, steady nerves, normal growth, and for efficient metabolism of the calcium and phosphorus which are basic ingredients of you. Those who are able to sun-bathe can 'manufacture' some of their own vitamin D via the action of the sun's rays on the skin. When time, weather and circumstances do not permit sun-bathing, it is wise to supplement your diet with a daily ration and it is easily had in capsules of fish liver oils such as cod, halibut, or shark. Only a few foods contain vitamin D, principally fish such as herring, sardines, tuna, salmon and mackerel, other good sources are irradiated yeast, eggs and milk.

Here's how to fortify your meals with extra vitamin D:

1 Simply put your salad and cooking oil in the bright sunshine and irradiate it. This is how my cook in Sicily does it. She pours the oil in a flat tin pan, not more than one half inch deep, then she puts the pan into the noonday sunlight for at least two hours. After that she pours this sun-drenched vitaminized oil into dark bottles. This is the humble forerunner of the scientific irradiation process patented by the University of Wisconsin.

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2. Golden orange, lemon and grapefruit peelings also contain some vitamin D because the oil in the peel is constantly exposed to the sun. So instead of wasting this citrus peel, chop it and use it as often as possible in baking and cooking. It is delicious in stewed fruit.

VITAMIN E

On a wholesome diet there is likely to be no deficit of this vitamin. Recent investigations have suggested, however, that a diet heavy in white flour products does induce a deficiency. Vitamin E is reported to be involved with fat metabolism, the heart and cardiovascular system, the muscles and the sebaceous glands. Good food sources are. wheat germ and oil, corn germ and oil, soya oil, muscular meats, eggs, nuts, legumes and green leafy vegetables.

VITAMIN K

This is essential for the normal clotting of blood, to prevent haemorrhage. Most diets contain adequate amounts of it, and more is formed by bacterial synthesis in the intestines. Vitamin K is readily available in such foods as kale, spinach, cabbage, tomatoes, liver, soya beans and vegetable oils.

VITAMIN P

This is said to be essential to normal health of the capillary system. It is amply supplied in fruits, especially lemons and other citrus fruits. Plums, prunes, grapes and paprika also are good sources.

REDUCERS NEED MINERALS

Thousands of reducers conscientiously take their vitamins but overlook the less glamourized minerals. That is a great mistake

because very often vitamins and minerals work together. There are more than sixteen minerals to be found in our foods, but three very special minerals are extremely important in a healthful reducing plan. These are calcium, iron and iodine. Let us discuss these minerals briefly to show you their importance, so that from now on you will not neglect them in your daily meals.

CALCIUM is an essential constituent of all living tissues, the bones and teeth, the digestive juices and blood plasma. In conjunction with phosphorus, it forms the body skeleton. Your 'sunshine' vitamin D is an important partner to calcium because it promotes the absorption of calcium from the digestive tract and its utilization by the body. In addition to keeping your bony structure strong and in good repair, calcium is essential to strong, calm nerves. Because you use it up daily, it needs to be regularly replenished, otherwise the body 'borrows' calcium from your bones to make up the dietary lack.

Note, please, you who love greasy foods, that an excessive intake of fats impairs calcium absorption! The National Research Council has suggested recently that the calcium intake of adults should be one gram daily, regardless of size, weight or activity. Good food sources of calcium are:

CALCIUM FOODS

Swiss cheese	Buttermilk
Good unprocessed cheese	Whole milk
Cottage cheese	Blackstrap molasses
Yoghurt	Lemons
Leafy vegetables	Oranges
Powdered skim milk	Hazel nuts

IRON is essential to avoid 'nutritional anaemia' (that pale, listless state) and to maintain good red blood and glowing good health. Iron occurs in the body chiefly in the haeme portion of the haemoglobin of blood and muscle, and is vital for tissue nutrition. Excellent sources of iron are. liver, yeast, wheat germ, blackstrap molasses, barley, whole wheat, puffed wheat, dried apricots and peaches, baked beans, kidney beans, soya beans, lean meat and

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beef juices, bran, eggs, farina, lentils, rolled oats, oysters, prunes and raisins.

Here's how to fortify your meals with extra iron:

1. Make a potent liver cocktail—place one heaped tablespoon of raw or slightly cooked liver, one cup of tomato juice, one handful of parsley, a pinch of vegetable salt and a dash of Worcestershire sauce in an electric blender and mix thoroughly. This is a fast 'builder-upper' and very low in fat.

2. Have broiled liver twice a week and sprinkle it with a heaped tablespoon of chopped parsley.

3. Eat only 100 per cent whole-wheat bread instead of anaemic white bread

4. Add a full teaspoon of molasses to every glass of milk you drink. (Milk is woefully deficient in iron)

5. Make salad bowls of dark green vegetables and sprinkle them with fresh wheat germ.

IODINE is essential for the normal functioning of the thyroid gland, for regulation of the body metabolism and for a fine sense of well-being. Without it, you slow down and droop and may even develop goitre. In some areas where the soil and water lack iodine, the foods grown there also lack it and pass the deficiency on to people, in such areas goitre is common. All sea foods are rich natural sources of iodine, with oysters, lobster, and shrimp heading the list, plus such sea vegetables as kelp, Irish moss, sea lettuce and others. By all means, make sure that the salt you use is iodinated

Here is a list of the best iodine foods:

IODINE FOODS

Oysters

Shrimp

Lobster

Salt-water fish

Sea greens

Sea water

Iodinated vegetable salt

YOUR SEVEN WONDER FOODS

In my book *Look Younger, Live Longer*, I introduced five Wonder Foods—brewer's yeast, powdered skim milk, wheat germ, yoghurt and blackstrap molasses—and thereby caused a minor revolution. Blessings and brickbats came my way from all over the world, a veritable bombardment of both. Not surprisingly, most of the criticisms and condemnations came from the manufacturers of white sugar, candies, pastries and white flour, and from magazines advertising these products. In their eyes, I had committed a crime because I had had the audacity to stick a pin into the stuffed shirt-front of Bigger and Better Business. Well, I shall always be more concerned about the bigger business of better nutrition.

Although I have studied foods all my life, I am still awed by the science of nutrition. Is there not something of the miraculous and wonderful in the fact that the food you eat so casually actually becomes a part of you? It enters into every cell and bone and tissue and nerve, there to sustain your life, to repair the daily wear and tear of living. When I discovered some neglected foods that are veritable concentrated treasure houses of protein, vitamins and minerals—basic essentials needed by everyone—yet so cheap that everyone can afford them, I called them Wonder Foods. It astonished me that they were so little known and used by people, and so largely thrown away or used in feed to raise prize animals. Why not use them, I thought, to help raise prize human beings?

I am happy to say that all five of these Wonder Foods have since been enthusiastically and increasingly used by people throughout the United States, Europe and South America, and increasingly are endorsed and recommended by physicians and others in the field of nutrition. They are of special importance to you reducers, for whom this book is written, so let me tell you more about them, and about the two new Wonder Foods, liquorice and the Jerusalem artichoke, which I have now added to the list.

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YEAST is one of the oldest-known of food ingredients, for centuries it has been used in baking bread and brewing beer. Note that the yeast I recommended is not the active baking yeast. It is a food yeast which was used extensively in Germany and Britain during World War II to bolster the nutrition of fighting men and civilians alike. It has become so popular as a concentrated source of high-potency proteins, vitamins and minerals that some of the biggest breweries in the United States have spent fortunes to improve their strains of yeast and to make it even more nutritious and tasty. Today, you can get your food yeast in many flavours, in powder, flakes or tablet form. Until recently you had to chew twenty tablets to get the equivalent of a tablespoon of powdered yeast. Now, however, new concentrated yeast tablets are available, just one a day is enough.

Thus Wonder Food contains seventeen different vitamins including the entire B Complex, all the essential minerals including the 'trace elements', and the improved strains now available are 50 per cent high-potency protein, 30 per cent natural carbohydrate and only 5 per cent fat. For you reducers especially, it is invaluable. In powdered form, yeast is very easily added to foods. Just stir a teaspoon into your fruit or vegetable juice, milk, or yoghurt, sprinkle it over your salads and whole-grain cereals or stir it into hot milk, tomato juice or broth.

POWDERED SKIM MILK is another food that caused a sensation when I introduced it. I had found mountains of it stored up in all the milk-producing states, where it was considered largely unmarketable, other than for feeding animals or for making buttons and plastic teeth. On analysis of its chemical structure, I discovered that this lowly skim milk powder actually had more health-giving potential than the rich cream which overweighters love. Powdered skim milk contains first-class protein, calcium, and riboflavin—essential nutrients which reducers particularly need.

I recommend to all you reducers that you add one-half cup of powdered skim milk to a quart of fresh skim milk, and keep a supply of it in your refrigerator all the time. You will find that

it gives you an abundant supply of protein and calcium, which you need, and also provides a delicious hunger-dispeller. Flavoured to taste, it will give you a delightful variety of milkshakes to curb that appetite.

I am happy to see that as more and more people, overweight and otherwise, are becoming interested in achieving and maintaining their ideal weight, fresh skim milk has become more and more widely available in food stores, and that it may now be had in concentrated liquid form, convenient for storing in the refrigerator and for use as a fat-free 'cream'.

WHEAT GERM, the third Wonder Food, is a rich source of B vitamins, iron and protein, and is also rich in vitamin E. When the milling of grains became a highly specialized, wholesale operation, the heart of the wheat, the wheat germ, was completely milled out of it and discarded. This most nutritious part of the wheat was considered fit only for animals, although some people living near the mills had sense and curiosity enough to try it on themselves and discovered it made a tasty and nutritious breakfast cereal, as I discovered when I was tracking down the 'why' of pasty white-flour breads. Now this Wonder Food, the nutritious heart of the wheat, is available as a delicious addition to everyone's meals.

Unprocessed wheat germ is inexpensive when purchased in paper boxes and bags from a reliable source. It is not necessary to spend the extra money for glass jars or vacuum packed tins. You can use this natural fortifier in many ways. Sprinkle spoonfuls on your cereals, in your fruit and vegetable juices, mix it into meat loaves, hamburgers and salads. If you are greatly overweight, you can now obtain a defatted wheat germ in the speciality food shops.

CORN GERM has about the same composition as wheat germ—good proteins, vitamins of the B family and vitamin E—and, as was once the case with wheat germ, it is not being salvaged for human consumption. This will not always be so. When corn germ becomes as well-known as wheat germ, it will join the ranks of our Wonder Foods. Remember, *all* cereal germs are extremely valuable, including those of oats, rye and buckwheat.

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YOGHURT has made millions of new friends since first I recommended it, and some of the world's most distinguished people have added this Wonder Food to their menus. President Eisenhower learned to like yoghurt while in France; I am told that it was recommended by his personal physician. America's favourite elder statesman, Bernard Baruch, added yoghurt to his menu, and his brother, Dr. Herman Baruch, was an enthusiastic yoghurt booster who told me things about it that even I had not known. I know of kings and queens who enjoy yoghurt; I introduced it to the stars of Hollywood and today you may order it in their favourite Hollywood restaurants.

Yoghurt is an excellent source of easily digested high quality protein, plus calcium and riboflavin, and aids the synthesis of other B vitamins in the intestines. Best of all, it is a delicious food, ideal for between-meal breaks or a snack at bedtime, with fruit, maple syrup, honey, molasses or—once you become a yoghurt connoisseur—just plain. It may also be had flavoured with orange and vanilla. It is especially recommended for reducers because it is filling, satisfying and discourages overeating. As I write this, experiments are in progress to produce a new fat-reduced, low-calorie yoghurt. It may be on the market by the time this book is published, and, if so, it will be the answer to the yoghurt-loving reducer's prayer. Of commercial brands available, the best yoghurt I ever ate was found in Paris and New York. Since it is all presumably made with *Lactobacillus bulgaricus* and milk, I am at a loss to understand the marked differences in various brands; some I have tasted has not been pleasant, I admit I can only hope that it will soon be standardized in quality, everywhere. The dairies in all cities can now learn more about yoghurt. There are several great British dairy companies that manufacture their own, grocers and smaller dairymen supply it, and the culture is obtainable by post.

BLACKSTRAP MOLASSES is the dark, sticky molasses the American grandmother (or great-grandmother) used for baking those wonderful spice cakes and cookies, or as syrup for pancakes and buckwheat cakes; or perhaps it is remembered as a childhood treat on bread and butter or a dessert called 'molasses toast'.

I first became acquainted with it while I was travelling through the Southern States, where I heard much of the virtue of 'lasses' as the Southerners called it. I was curious to try it, and, having tried and liked it, I wanted to know more about it. I found that it is a by-product of sugar-making from the juice of the sugar cane. I saw enormous tanks full of this black, sticky syrup and was told by a director of one big sugar refinery that it was mostly sold to farmers, who mixed it with alfalfa and corn cobs to feed cattle and horses. I went to look at the cattle and horses that received such food. Never in my life had I seen such shiny, healthy, superb animals.

So—here was another Wonder Food that was being used primarily to raise wonderful animals—like wheat germ, brewer's yeast and dry skim milk. The molasses that most people knew was a pale syrup with little flavour. I had some blackstrap molasses analysed, and the result was fantastic.

Here was a rich source of B vitamins, iron and other essential minerals, natural sugar and other food factors. And it was cheap. Here were all the rich, natural nutrients that had been taken out of the bleached white sugar with which you fill your sugar bowl and yourself. It was richer than honey and better than brown sugar.

Primarily, I listed black molasses as a Wonder Food for its rich iron content, more easily assimilated by the body than that found in some of the other iron-rich foods. The poorer people of the South, of course, have known all along that their 'lasses' had 'something extra' and they loved it. Those who are accustomed to syrups without much flavour may not like it at first try, but many are instantly intrigued with its rich, full flavour. (It is interesting to me that however people react to it, they tend to react strongly, they 'love' it or 'hate' it and that is that.) Some like to mix it with honey, in equal amounts, and use it as a sweetening for beverages and foods. You can add it to many things, but I think it especially delicious mixed with milk; one or two teaspoons stirred into a glass of hot lean milk makes a delightful coffee-like drink.

By all means, use it if you like it. If not, there are other natural sweets, such as brown sugar, honey and now—good news, right

off the press—a newly rediscovered old favourite, liquorice. Before I introduce my sixth Wonder Food to you, one last word about molasses; whether you like it dark or light, be sure that what you buy is labelled 'unsulphured', or 'contains no sulphur dioxide'. Our grandmothers would never have used the sulphured variety—they loved the natural unadulterated flavour.

LIQUORICE is derived from the root of a shrub called *Glycyrrhiza*, a name taken from the Greek, meaning 'sweet root'. You probably remember it from the penny 'stups' of your childhood, and maybe you were one of the lucky ones who also enjoyed, as I did, chewing the dried sticks cut from the roots and sold in one or two shops. Liquorice is at once one of the most familiar substances, and the most mysterious. In the heyday of the Egyptian civilization, it was mixed with water to make a favourite drink. And it still is. When I was in Paris I found Parisians raving about a new drink called Liquorice Fizz. It is made by putting a teaspoonful of real liquorice extract into a tall glass, adding ice and filling the glass with mineral water. In pharmacies and diet shops, other Parisians were buying liquorice extract in small glass containers and mixing their own fizzes at home.

I knew that throughout the ages liquorice has been known and used as a general tonic, as a medicine and a sweetener for bitter drugs and medicines. As a child I had had it medicinally, as everyone has, in cough drops and cough syrups, where it is widely used for its soothing sweetness. I know, also, that modern science is now thoroughly exploring its potentialities, and that present indications are that perhaps the ancients really had something there. Studies are being made to determine its possible value in treating stomach ulcers, and in Addison's disease, which is a puzzling form of anaemia. Experimental research at the Massachusetts College of Pharmacy has isolated certain hormones from liquorice root.

But—Liquorice Fizz. I lost no time in ordering one, and from that time on I lost no opportunity to renew the order. How can I describe to you this new drink? It is sweet but not oversweet; it has body as well as flavour. There is something subtly nostalgic

about it. It reminds you of your childhood and at the same time brings back pleasant adult memories of pernod, kummel or anisette—all of which it resembles in flavour, though it is non-alcoholic of course. Delicious and stimulating and low—very low—in calories, this makes an intriguing lean substitute for alcoholic beverages and is a boon to your sweet tooth.

Have I told you enough to make you want to try a Licorice Fizz for yourself? By all means do so. On my return to the United States, I found that the real licorice syrup was being made ready for distribution in American food stores. I find also that new kinds of licorice candy are being developed—another boon to reducers because of their extremely low calorie content. Do make sure, though, that you get the real thing, because most so-called licorice candies actually are made with ordinary sugar and flavoured with oil of anise which closely imitates licorice flavour. Real licorice is not necessarily black. The pure extract is a brownish-black and the finished candy may be mocha-coloured. It is much sweeter than ordinary sugar and only a bit of it is needed to satisfy a craving for sweets.

Extra, Extra—a New Natural Sweetener!

A young biochemist in an American university has just presented me with a bottle containing the best of all the good food news I have for overweights. It is a golden liquid extracted from the juicy root of the Jerusalem artichoke, which grows wild in many countries and is now being cultivated in America's northwest. Here is a brand-new sweetener, a new simple sugar which has so many advantages that it seems almost too good to be true.

First and foremost, it is not a synthetic product and can be used without fear of toxicity. Second, it is many times sweeter than ordinary sugar and very little is needed. Best of all for reducers, its caloric value is low. The obstacles in producing a natural, non-toxic sweetener were enormous, and I am delighted to be able to break the good news of success in this book. In its present stage of development the new product is being tested as a

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substitute for ordinary sugar in baking cakes, cookies and pastries, and these tests have been highly satisfactory. Think of its possibilities! It can be used for fruits, fruit juices, bakery products, soft drinks—in fact, it can revolutionize the 'sweet industry'

A flour also is being made from this artichoke 'supertuber' which is being added to noodles and spaghetti to increase flavour and lower caloric content. Manufacturers of diabetic foods are using this artichoke flour in their bread sticks. No doubt it will be some time before these two new artichoke products are available for home use, but watch for them. They sound like the answer to the overweighter's prayer.

10

Eating at Home



I shall never forget the favourite maxim of my favourite teacher, Ragnar Berg—"There must be pleasure in eating." The pleasure principle is essential in the biological scheme of things: or as Dr. Iago Gladstone says it, 'Life is not logical; it is biological'

Please, never think or speak of nutritious food as being 'good for you' or let the family table be approached as though it were a prescription counter. Especially for reducers I want to stress the importance of making meals as attractive as they are nutritionally sound. Let's revive the great art of dining.

Ladies, don't be satisfied with the old-fashioned compliment, 'She sets a good table' And don't be satisfied merely with setting before your family the freshest, best and most nourishing foods available. Make your table attractive, with immaculate linen, silver and chinaware. Plan interesting colour combinations in foods; have hot dishes hot and cold dishes cold. Above all, set an unhurried, pleasant atmosphere, and a new, slower tempo of family eating and living, especially at the end of the day.

This is important: never eat when you are emotionally upset or overtired. Lie down before dinner, if possible (this is a perfect time for fifteen minutes of the Body Slant). Perhaps the rest of your family will follow your example. Half an hour or so before dinner your whole family (I hope) enjoys a refreshing fruit or vegetable juice cocktail, the natural appetite-curber that is now part of your daily living. I hope that you make this cocktail time a leisurely get-together to which you all look forward, from which

you go to dinner looking and feeling relaxed I hope you indulge in a lot of conversational nonsense. Nonsense is the best thing I know to keep family machinery well oiled.

Eating slowly and chewing well helps make smaller amounts of food more satisfying. Also, take your time about beginning to eat. Did you grow up in a family where grace was said before meals? I did, and it gives me a sense of inner peace to recall it—the big round table presided over by our parents and surrounded by ravenous, growing children, the moment's pause, before wading into our food, to say 'Thank you'. How I would like to see this fine old custom generally reinstated.

However you do it—with candles, soft music or good conversation—your aim is to create the peaceful 'homey' atmosphere in which families forget their worries and individual differences—in which good fellowship is as plentiful as good food, and everything tastes good and really nourishes. Let me say it again: *Eat slowly*. As a Chinese cook once told me, 'Americans eat lickety split—Chinaman enjoy food plenty.' Overweighters especially are prone to be food-bolters, it is one reason why they have to eat more than they really need to feel satisfied. I do not recommend throwing away knives and forks and eating with chopsticks, but we can learn from the Chinese. They have practised lean cooking and leisurely lean eating for centuries.

Of course you will *never* say diet. When you introduce new and more nutritious lean foods, never say, 'It's good for you.' Just say, 'It's good.' Change family eating habits gradually and casually. Introduce new dishes as something novel and delicious that you dreamed up as a treat. If you are the one person in the family who is reducing, be nonchalant about your smaller portions or the foods you skip. If you truly want to trim down to better proportions, you are embarking upon the greatest adventure of your life—approach it in that spirit and your goal is half won. You are not depriving yourself. You are treating yourself to new and interesting experiences in eating.

Make creative cooking your hobby, and let your husband try his hand at it, too—not just as camp cook, but at home in the kitchen. A surprising number of men have a real flair for

'gourmet' cookery. Do encourage the man to develop his culinary creativeness, especially if he is the one who is reducing.

A good example of how an overweighter can 'cook himself thin' is the story of how Tom Donnelly, Washington columnist, lost 12½ excess stone in eleven months. Mr. Donnelly loved good food, and overdid it to a total of 25 stone. To get the kind of reducing menus he wanted, he turned chef and thus discovered a fine talent for cooking that is a delight to himself and his friends. The friends, incidentally, proved his biggest handicap—at first they worried him because he didn't reduce, then they worried him because he did. He didn't worry; he kept on cooking. So take heart from his example, if friends and family try to discourage you. Keep on quietly and steadily with your reducing plan.

Lean Cookery

If you possess the *Gayelord Hauser Cook Book*, you know that I have made many innovations and changed many old-fashioned cooking methods. For years I have been advocating and experimenting with what I call 'lean cookery'. Not just to help my students keep slender (this happens automatically), but to help them to keep healthy, stay youthful, live long and enjoy all the best food in the world.

What is lean cookery? It is *your* cookery, for the rest of your long, healthy, slender life. It means, first of all, using wholesome, natural, lean foods. It means no overcooking; food should be cooked as long as necessary for maximum goodness *and no longer*, in the case of almost all vegetables, this means only a few minutes. It means being miserly in the use of fats, oils, sugars and thickeners, wasting no time or money on cakes, pastries, rich sauces. Instead, we use our money for lean meats, lean fish, poultry, lean milk; for tasty, nourishing bread, for fresh vegetables and fruits—and these we do not spoil with rich additions but make all the tastier by using the flavoursome non-irritating condiments, vegetable salt, sweet paprika, and all kinds of fragrant herbs. We use no artificial synthetic sweeteners, instead, we use dark molasses, honey of all kinds, natural brown sugar and the newly rediscovered

sweet liquorice. I cannot conscientiously advocate the synthetic sweeteners and foods sweetened with them, though they are widely advertised and recommended; I believe only time will tell whether they are or are not harmful. And, what is more important, I am convinced that only natural foods can help you *re-train your appetite*—which is the cornerstone of our YES AND NO Reducing Plan and the theme of this entire book.

Salad First

Serving salad as the first course is not only the smart Continental and California way of dining, it is the smart thing to do, especially if you are reducing. NO—let me repeat—not a skimpy little dab of lettuce with perhaps a slice of tomato and a lot of thick dressing sloshed over it, that's a poor imitation of a salad and if your family balks at it I do not blame them. YES, a generous bowlful of live, crisp greens and vegetables, lovely to look at and delicious to eat. 'Salad days' are youthful days. To help you get started on yours, you will find My Favourite Salads and Lean Salad Dressings on page 225.

Plenty of Lean Meat

During the course of my television reducing class over the ABC network in New York, I received this letter (in different words) from hundreds of people all over the country:

'Dear Gayelord Hauser. You tell reducers to eat plenty of lean meat, roasted and broiled. How about telling us where to get the money to buy all these prime ribs, tenderloin steaks and chops?'

I was always glad to get these letters because they gave me a chance to tell my students two pieces of good news. First, that the tough, muscular cuts of meat such as round steak, rump and shoulder are more nourishing than the more expensive prime ribs, tenderloin steaks and chops. Second, that these cheaper cuts of meat can be made tender enough to roast or broil nowadays

(and in a matter of minutes) by using the newly discovered meat tenderizers

Newly discovered? I should say newly rediscovered.

'Señor,' said my Mexican cook in Taxco some years ago, when I protested because she brought home a tough old rooster, 'this is a special bird, an educated bird, father of many chickens, full of nourishment and wisdom. Its muscles will make muscle and strength for Señor and his distinguished guests; its toughness I take away.' And, to my great surprise, she did. The educated old bird was tender and delicious (I did not taste the wisdom). I learned later that she had cut him up, wrapped bruised papaya leaves around each piece, let stand in a crockery jar overnight. I learned also that for centuries primitive cooks have been tenderizing their tough wild game by wrapping it in green leaves, especially papaya. No doubt they thought these leaves contained magic, but modern chemistry explains their tenderizing properties more prosaically by telling us that papaya leaves contain a digestive enzyme. Some of my California and Florida students have long been using papaya leaves for making digestive teas and for tenderizing tough meat, the only drawback was that the meat-tenderizing process took so long.

Nowadays this digestive enzyme has been extracted and put into all sorts of liquid sauces for tenderizing tough meats quickly. I find it easiest and most satisfactory to use a dry, sprinkle-on variety, there are many on the market. The one I use is a delicious blend of sea salt, vegetable extract, papaya and some herbs for flavour. Sprinkle this on your meat just thirty minutes before you broil, bake or roast it. It will be, as my Mexican cook would say, 'tender as a señorita's heart'. In addition, the cooking time is reduced and there seems to be less shrinkage.

YES, meat plays an important part in any scientific reducing programme, we eat a good, lean portion at least once, preferably twice a day. NO, meat need no longer be the most expensive item in the reducing budget. But whether it is or not, let us get all possible nourishment from it. Let us prepare it in the modern, healthful and flavoursome way. Here are three things to remember:

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First, always buy lean meat. Have the butcher remove all visible fat. Naturally there will be some invisible fat which emerges as drippings during the cooking process.

Second, save all these drippings. Not for your own use. You have no use for them, no rich sauces or gravies to prepare. Give them (along with your white sugar bowl, remember?) to someone you don't like.

Third, cook your meat correctly. This means broil it. Or roast it (not too well done, you know) in a *slow* oven. A research experiment in meat cookery recently was conducted on a grand scale by the U S Department of Agriculture. More than twenty thousand cuts of every kind of meat were cooked by every imaginable method, and thousands of professional opinions were recorded. The verdict was that meat is juicier, tastier and most healthful when cooked at low temperature.

Friday Is Fish Day

There are many good reasons for eating fish, it is a wonder food containing first-class proteins and packed extra-generously with vitamins and minerals, especially iodine. When I lectured recently in Buenos Aires, I gave my audience all these good reasons why, instead of concentrating on their Argentine beef, they should also take advantage of their bountiful fish supply. Nothing happened until I told them that fish is one of the best foods for '*una bella figura*'. Next day the fish markets were sold out.

Short-Cook Your Vegetables

In lean vegetable cookery, just remember that the quicker vegetables are prepared and cooked, the better your family will like them. Also, the less is the loss of vitamins B, C, P. These vitamins, like salt, dissolve in water, therefore we never pour off any vegetable water. Better still, we short-cook vegetables in such a way that all the goodness and nutrients remain. I have said it a thousand and one times and I'll say it again—when vegetables are cooked half an hour or more in pots full of water,

you'd be wiser to throw out the dead vegetables and drink the water they were cooked in, for that's where the precious vitamins and minerals have gone.

How to Short-Cook

1 Any vegetable can be short-cooked in a matter of minutes. All you need is a heavy cooking utensil, preferably stainless steel, and one of those handy vegetable cutters or 'snitzlers' as they are called. Or use an ordinary shredder (the coarse one). Or cut vegetables into thin slivers. Do your shredding, snitzling or slivering as quickly as possible, to prevent vitamin C loss.

2 Have your cooking pot piping hot; use a small one so it will be filled to the top, the less space for air, the better. In the bottom of the pot have three tablespoons of water; when this boils and the pot is filled with steam, put in your cut-up vegetables and cover the pot tightly. Let the vegetables cook on low flame for two minutes, then shake the pot (without lifting the lid) so there is no possible chance of sticking. After about five minutes, remove the cover and taste one of the vegetable slivers, if it is soft but still a bit chewy, as the vegetables are in Chinese restaurants, it is at its best. Now all you add is a bit of vegetable salt, some herbs, and a little butter or margarine. Such short-cooked vegetables have the most wonderful natural flavour and keep their attractive colours. And when you use vegetable salt last, the juices are not extracted during cooking.

3 For *extra* lean short-cooking, here is a trick. Instead of water, we steam the sliced vegetables in flavoursome broth—left-over 'pot likker', canned or dehydrated vegetable broth or chicken or beef broth made with bouillon cubes. Cooked this way, with the addition of vegetable salt and any herb you like, short-cooked vegetables can be enjoyed without the addition of extra fat. You object to so much leanness? Then add the smallest bit of butter or margarine (please, no more than one teaspoon for each person to be served). You'll be amazed how soon you and your family will begin to like, and even prefer, the nutty flavour of these vegetables short-cooked *extra* lean.

Eating at Home

Here are three easily remembered pointers for successful vegetable cookery. (1) Do not peel, just wash thoroughly, or scrub with a vegetable brush; (2) boil or bake whole vegetables in their skins; (3) short-cook sliced or shredded vegetables in the smallest amount of water or broth, and salt after they are done.

Fruit for Dessert

The ideal dessert is fresh fruit, and with all the tempting varieties from all parts of the world piled in our markets there is a new and delicious fruit treat available for every day in the week. Some fruits we stew sometimes with a little honey. Some we serve, on special occasions, as open-faced pies or tarts on a delicious lean whole-grain crust.

For my favourite desserts see pp. 252-5. And if you are looking for pastries, puddings and fancy desserts, close this book and take a walk. Go to your nearest pastry shop, take a good look at everything in the window and say: 'You will be a few seconds in my mouth, two hours in my stomach, and a lifetime on my hips. You are not for me! And, furthermore, I no longer crave for you!'

Be a Smart Hostess

Since eating at home is more than just feeding yourself and your family, let's say a word about entertaining. Here is where you can give full rein to creativeness and really build up a 'gourmet' reputation. But be considerate and don't serve overgenerous portions or insist on second helpings. Just as compulsive social drinking went out with prohibition, you will find the modern trend is also away from compulsive social eating. Remember that your guests also may be reducing. Or they may be on the wagon—not necessarily because they have an alcohol problem but because they like it that way.

Nowadays more and more smart, considerate hostesses are serving fruit and vegetable juices as well as cocktails and highballs at their parties. They offer a choice casually, and thus

relieve guests both of embarrassment of refusal and of the social necessity of taking a drink they really don't want.

Finger Salad

Also, more and more smart hostesses are serving Finger Salad instead of (or in addition to) overrich oil and mayonnaise-soaked canapes. I introduced the Finger Salad years ago in Paris and have been serving a big tray of these crisp fresh vegetables at my parties ever since. You should hear my guests—men and women both—rave over them.

How to make Finger Salad? Simply cut up the youngest and tenderest vegetables you can find in your market. Everyone knows and likes crisp carrot sticks, chilled radishes, tender celery; in addition, try strips of green and red peppers, bits of fresh cauliflower, slices of cool unpeeled cucumbers, nut-like kohlrabi, small whole ripe tomatoes (these can be stuffed with cottage cheese) and a delicious, less-familiar vegetable, finocchio or Italian celery, cut in wedges. Be adventurous, use whatever succulent vegetables your market offers. And—you can enjoy these virginal, vitamin-packed victuals without a fatty dressing. All I serve with Finger Salads (it's very smart to eat them with your fingers) is a shaker of vegetable salt.

While you are reducing, these sunshine vegetables are wonderfully helpful to keep your stomach busy and filled. You can eat them to your heart's content. For extra special parties serve several of these big plates of crisp vegetables with a bowl full of my special lean dressing in the middle of each tray, for 'dunking' (page 236).

Oh, Gayelord, My Operation . . .

Yes, I hear you. You have had surgery recently. Or you have an ulcer, or colitis. You cannot eat raw vegetables.

You certainly cannot. Nor can you follow my YES AND NO Reducing Plan. Your YES and NO decisions are entirely up to your doctor; the re-training of your hungerstat and habitat

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are entirely in his hands. If you have had an operation, he probably has you on a special balanced diet with many extra vitamins to speed up the healing process, if he is a modern doctor he will gradually let you have more and more of the fresh things—perhaps strained juices of fruits or vegetables. Likewise, if you have an ulcer or colitis (both relatively rare among overweighters, according to medical statistics) your reducing régime is your doctor's job, not mine. I hope he agrees with the distinguished Dr. Stewart Wolf who has said, 'The customary restrictions placed on diets of ulcer patients sometimes promote a feeling of frustration and resentment, contributing to excessive periods of overeating. It is not of value to reduce the pleasure of eating to a lifeless ritual.'

Fruit and Vegetable Juices

In Czechoslovakia, in the years B T C. (Before The Communists) there was a famous sanatorium in Carlsbad. People flocked from all over the world to drink the laxative waters, take long walks in the woods, listen to Strauss waltzes and—instead of eating fresh fruits and vegetables, they *drank* them. Many of these people had intestinal difficulties, the brilliant Doctors Mayr and Zukor realized that they needed fresh things but could not tolerate the roughage, so they extracted the 'blood of the plant' and gave their patients fresh juices. The results made history.

It was in Carlsbad that I first learned about drinking fresh fruits and vegetables, and many thousands of my students have benefited. Fortunes have been made in the United States and Europe by companies putting out canned juices, and this is all to the good, especially if the juices are put into specially lined tins. But nothing can compare with the deliciousness of fresh, fresh juices. These vital juices contain vitamins, minerals, chlorophyll, enzymes, and many as yet undiscovered food factors in the most appetizing form. I call them Sunshine Cocktails, sometimes they are called Liquid Salads. I have often seen people who refused to *eat* salads enjoy drinking them. I hope they will soon be obtainable, not

only in the few health food shops, but in every restaurant and small grocery.

You have seen what an important part fruit and vegetable juices play in your YES AND NO Reducing Plan. If you have a family, it will pay you to invest in a juicing machine; this can become a veritable health mine for yourself and your family, during and after your period of reducing. There are several types on the market; not all of these are electrically motivated. Make certain that all parts which come in contact with the juice are made of stainless metal. This is very important. Let your dealer show you the different types and decide for yourself.

And now turn to pp. 262-8 and learn how to make fruit and vegetable juices, plain or in combination cocktails, especially for your reducing programme.

Removing Poisonous Sprays

Nowadays all sorts of poisonous sprays are used by farmers on our fruits and vegetables to keep pests away. And, unfortunately, these sprays still cling to some fruits and vegetables when they reach the kitchen. People with normal and healthy digestive juices need do no more than wash fruits and vegetables thoroughly. But those with a lack of hydrochloric acid or those with ulcers or colitis (whose doctors have allowed them to drink vegetable juice) should by all means remove all traces of these sprays. The simplest and safest method, one used in many diet centres of the world, is this:

Buy a large earthenware crock and fill it with a one per cent hydrochloric acid solution. This is made by mixing one ounce of chemically pure hydrochloric acid with three quarts of water, the solution can be used for a week. Place all suspicious fruits or vegetables in this solution, leave in for five minutes and rinse. This solution should also be used in health bars and restaurants where fresh juices are served, and in all lands where dangerous fertilizers, as well as dangerous sprays, are used.

Now Let's Talk Raw

NO, we are not raw food addicts. We deplore all faddists of the gloomy 'Nuts and Berries' school who still munch on and on under the influence of the raw food movement which swept Europe fifty years ago. We know that many foods are much better for the human stomach when they are cooked

But we did learn one very important lesson from the raw food faddists which is of immense value to overweighers. raw foods, liberally included in an otherwise balanced menu, are a powerful ally in our reducing plan. Never in all my thirty years of travelling over five continents have I seen a fat raw food faddist. (Don't jump to conclusions, now. I said raw foods *liberally included in an otherwise balanced diet.*)

Would you like to try raw meat? It is an excellent food and when it is fresh and lean it becomes a wonder food for reducers. Many Europeans habitually eat raw chopped meat ('Roh-steak') once a week. It can be served in all sorts of delicious variations, but 'Steak Tartar' probably is the most appetizing.

I remember having my first Steak Tartar at Chasen's famous Hollywood restaurant with Greta Garbo and Erich Maria Remarque. Mr. Remarque wanted his meat mixed with chopped green onions, Miss Garbo wanted hers with dry onions, I preferred mine with chives. Mr. Chasen supervised our order himself and settled our problem, needless to say, in favour of the lady. He used the leanest beef (put twice through the chopper) and mixed with it lots of chopped dry onions, three egg yolks, some vegetable salt, a dash of paprika, and a few drops of lemon juice. With it we ate dark rye bread with unsalted butter and a huge mixed green salad with a light dressing—a nourishing lean meal fit for a king (though I still prefer chives).

Raw Fish for Vitality

Raw oysters, clams, mussels and other foods fresh from the sea are wonderfully nourishing and, sprinkled with just a little lemon juice, make delicious lean eating that reducers can indulge

in without conscience trouble And how about joining some of the leanest and most vigorous people in the world and experimenting further with raw fish dishes? The Japanese are probably the world's greatest raw fish gourmets, they especially love finely cut cuttlefish mixed with fresh sea-greens But I believe that Americans and Europeans prefer my 'seaburger', which is easy to make and can be flavoured in many ways. The best tasting raw fish is mackerel, bonita, sea-bass and, when obtainable, fresh tuna and the delicious 'conk' (Florida's name for 'conch'). It is important that the fish be young, fresh and tender. In some places you can buy lean fish fillets all ready to be used. Remove all bones. Chop the fish into small pieces, you could put it through your meat grinder, but connoisseurs frown upon that Chop it to the size of raw chopped onion, marinate with plenty of lemon or lime juice and add as much raw chopped onion as you like (for variety, try chopped radishes, green peppers or any other flavour you like) Season with vegetable salt to taste, place in the refrigerator and let it stay three hours Eat it with a piece of toast or pumpernickel bread or add a tablespoonful of light dressing to this mixture and serve as a chopped fish salad with lots of fresh greens.

Picnic De Luxe

One of the delights of my life last year was a cruise in the Caribbean Sea on the yacht *Chanticleer*, which belongs to my friends, Mr and Mrs William K. Carpenter of Wilmington, Delaware. Frances and Billy Carpenter are famous for their hospitality I believe that the twenty-two-inch waistline of Frances is the envy of the entire Du Pont clan, yet she loves good food and serves it exquisitely. She has long ago learned the secret of intelligent eating

What a wonderful experience—sailing from one palm-covered island to another through the blue, blue waters One day just before lunch we found ourselves approaching a small island and through the binoculars we saw a protected cove with a tiny uninhabited beach, snow-white sand, lush tropical foliage—an ideal

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place for a picnic, a dream come true! Frances, Billy and I all had the same thought at the same time. Frances busied herself with orders to the chef and Billy ordered the captain to slow down and approach the cove. When the water turned green and shallow, we went the rest of the way in a motor launch. Our picnic lunch came with us from the boat, and Frances had ordered my favourite food.

Celery—Olives
Caribbean Conk Salad
Hard-boiled Eggs
Fortified Toast
Compote Lady Mendl
Demitasse—from a Thermos flask

You never heard of conk salad? I wish this delicious treat could be had in all parts of the world. It is made from a shellfish, very prolific in Caribbean waters. The flesh is taken out of the beautiful white and pink shell, boiled and put through a meat chopper like round steak, and can be served in any way. Sometimes I think there is nothing quite so wonderful as conk salad, fixed as you fix Crab à la Louis.

Conk salad, hard-boiled eggs. . . What? No salt for the hard-boiled eggs? One moment, please. Our hosts had brought a walkie-talkie radio which was in contact with the yacht. Frances called the steward and a few minutes later we saw the launch approaching the cove with its cargo of one salt shaker! This was truly a picnic de luxe. I thought of something Lady Mendl once said: "There is one thing better than having a yacht and that is to have friends who have one."

11

Now Let's Dine Out



We are going to dine out, here, there and everywhere. I want to show you that the world is yours—that you can eat wherever you want, whenever you want, without gaining excess weight. Before we start there is something I want to tell you. Listen. *Waiters don't bite*

Neither do head waiters. Not even in restaurants where the head waiter happens to be called the *maître d'hôtel*. Wherever we go together or wherever you go, on your own, for the rest of your long, slim life, you need never be overawed into ordering (and therefore eating) a lot of rich food that you do not really want. You are not afraid of waiters? Fine I hope you are not afraid of your cook, either, if you are lucky enough to have one. (Perhaps she is your wife) Over and over again, students in my reducing classes have confessed to me that they want to eat less and do not dare, for fear of making someone mad or hurting someone's feelings. (Some day there may be new grounds for divorce. 'Your honour, she stuffed me!')

When we go to a restaurant, let us take our time over the menu, even those that seem to be all French and a yard wide. Let us select what we want, order that and no more. Our waiter not only will not be snooty to us, he will admire us. However, it is easy to get rattled at first, when hungerstats and habitstats are in the process of being re-set, and YES and NO signals are zigzagging and cross-firing. So let's have our first dinner at a good cafeteria. No hovering waiters. We can help ourselves. Also this gives me a chance to repeat something important that

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good food need not be expensive. And, while we stand in line, I have time to remind you that there are just Five Points to remember, whenever and wherever you dine

1. Eat lots of first-class protein
2. Eat some carbohydrates and let them be natural, not foodless
3. Eat a little fat
4. Eat something fresh, preferably to start the meal
5. Eat fruit desserts

Our cafeteria happens to be in Chicago, but it could be in any large American city. Let me go ahead. The food all looks good and we cannot dawdle; people are piling up. Quick, what are our Five Points?

Protein. All right. Here is lamb stew with lots of vegetables. But there is too much fat floating around in it, and right alongside is good hot roast beef, not too well done. Let's buy that. The man behind the counter gives us an extra big slice, as if he knows we need lots of protein.

And now, automatically, the next counterman is going to give us a big blob of mashed potatoes (there are no baked potatoes). How could he know that we do not like foodless food? He probably does not even know that when the potatoes were peeled most of their vitamins and minerals went down the drain. We say NO to him, and just then another counterman brings in steaming golden corn on the cob; we take this for our carbohydrates. The rest of the vegetables do not look too good (cooked vegetables exposed on steam tables rapidly lose vitamin C and with it their flavour). A fresh salad is a better buy. Let us take sliced tomatoes and cucumbers on a bed of lettuce. No dressing, thank you, we will just take some lemon slices. We could sprinkle our salad with a bit of vegetable salt or soya sauce, but we do not see these, so lemon will do. (A blob of greasy dressing would defeat our purpose.)

Now we stand in front of every overweight's worst enemy—the dessert counter. Do you want a piece of pie piled up with white fluff? To me those look like flying discs made of plaster of Paris. Here is anaemic-looking cake coated with sticky goo. Not

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for us. We can have a piece of fruit pie if we leave the greasy bottom crust, but why bother? Here is a large bowl with all kinds of fresh fruits cut up. Let us have that!

Let's check our Five Points. We have roast beef for protein, corn on the cob for carbohydrate, tomato and cucumber salad and fresh fruit cup for vitamins and minerals and bulk. We want a little fat. Here are whole-wheat muffins, let us enjoy one with a little butter. Our dinner is complete, and here is a quiet corner where we may relax and enjoy it. So that there is no possibility of any kind of shortage, vitamin and mineral tablets are in order when we get home, and with them, perhaps, a glass of fortified milk or a hot drink for an excellent nightcap.

Because we selected this dinner in terms of our Five Points, don't think we are going to harp on them. We keep them in mind only during the first few weeks of reducing; after that you will order in the modern manner, *automatically*. And here's another tip for your first few weeks of intelligent eating. Instead of munching bread and butter and sipping icewater while you wait for your main course, ask the waiter please to bring your salad *first*. Millions of pounds of fat could be eliminated and prevented by just this simple habit of satisfying the first hunger with a big, fresh salad.

Le Petit Gourmet

Now for one of my favourites—Le Petit Gourmet. In my early days in Chicago I went often to this restaurant to sit in the charming patio and enjoy the salad bowls, broiled meats and short-cooked vegetables. Grace Pebbles, one of Chicago's nicest and most modern hostesses, specialized in serving lean, healthful foods long before it was popular to do so.

I well remember the last time I was here. It was a party given in honour of Monsignor Scammacca of Sicily and myself by Virginia Fox Kennedy and ten of her Beautymasters—a charming group of women who knew the secret of eating intelligently. This was a late supper, after my lecture, and because it was a party we were greeted with cool champagne cocktails. The menu was:

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Chicken Salad
Ripe Strawberries
Coffee

That was one of the most delicious salads I ever ate—a huge bowl filled with chopped young cabbage mixed with big pieces of breast of chicken and fresh pineapple chunks. The whole thing was marinated with a delicious dressing made of fresh pineapple juice and fresh yoghurt. With it Grace Pebbles served toasted, crisp rye bread, high protein bread and, for my special benefit, some very dark pumpernickel bread. For dessert, the luscious ripe strawberries were served 'en nature'—unplucked and arranged on a dessert plate in a circle with a teaspoonful of fragrant California honey in the centre. A steaming cup of café espresso ended this memorable meal.

The Pump Room

While we are in Chicago, we'll go to the Pump Room of the Ambassador East Hotel, internationally known for its good food and interesting people. This was Ernie Byfield's pet project, for years Hollywood celebrities have stopped there en route to New York. Our menu:

Pump Room Special Salad •
Butterfly Steak
Fresh Pineapple
Demitasse

It was Irene Castle—the stillslim, vital lady—and Pat Dougherty, the society editor who had lost forty pounds by eating intelligently, who introduced me to the Pump Room's famous butterfly steak. This is a small sirloin split in two with the bone in the middle, it looks exactly like a butterfly. It takes only a few moments to broil such a steak, when it arrived, piping hot, all three of us, in unison, automatically cut off the outside fat.

With this we had the Pump Room special salad made of that very tender Kentucky limestone lettuce, mixed with bits of hearts

of artichoke, and when Philippe, the *maître d'hôtel*, asked what kind of dressing we preferred, we three, again almost in unison, asked for a light dressing—which meant a bit of olive oil well mixed with the greens, some wine vinegar, a pinch of vegetable salt and a dash of salad herbs. This salad bowl was unbelievably delicious; we devoured it all with our butterfly steaks. The perfect dessert, after this, was a slice of juicy, ripe pineapple and with it we enjoyed a small cup of black coffee. (Who could possibly want sugar and cream?)

Twenty-One

You do not see many overweighters at the Pump Room. They are really smart people who come there. This is true of most of the famous restaurants where people go not only for the good food but also for the interesting people—Jack and Charlie's '21' Club, for example, which probably is my favourite restaurant in New York.

By all means let us go to '21'. I was first taken there long, long ago by Adele Astaire, and throughout the years Jack and Charlie have maintained their high standard of excellent food. Let's go after the theatre, in New York we are so busy that many times we haven't time for dinner at the usual hour. We will see many celebrities. Last time I was there, Helen Hayes and my friend, Anita Loos, were at the tables on either side of mine, with their big after-theatre parties. I was with Jessica Dragonette, affectionately called the 'vest-pocket Venus' by her friends. Busy as she is with concerts and lectures, she always looks fit and trim. This night I let Jessica do the ordering and she chose the famous '21, hamburger sandwich. We started with honeydew melon, sprinkled with lime juice. When the hamburgers came, they were sizzling hot, deliciously brown, served on a piece of rye bread toast. With the hamburger we munched celery and olives, and since it was late we ended our meal with a cup of Swiss coffee—which means half hot coffee and the other half hot, hot milk.

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Mercurio's

I have lived so much in Italy and know the Italian cuisine so well that it hurts my feelings to hear, as I so often do, 'All Italian food is fattening.' There are many so-called Italian restaurants in America; they serve too much pasta and oil and some of them specialize in a rather awful dish called Italian spaghetti and meat balls, which is unheard of in Italy. But, believe me, smart Italians, like smart Americans, know the secret of good eating

Let me take you to a truly fine Italian restaurant—Mercurio's in New York. There they have a chef, a real Genoese, whose meals are out of this world. Here is our menu

Large Salad Bowl
Saltimbocca
Cooked Greens
Fruit Dessert
Café Espresso

Madame Fontano, the famous designer—the slim and chic Roman lady who designs clothes for the smart, international set—was my guest the last time I ordered this dinner at Mercurio's. In her honour, the *maître d'hôtel* himself brought out the biggest salad bowl I have ever seen and placed in it dark green lettuce leaves, escarole, dandelions and ripe tomatoes. With loving care he marinated the whole with two spoonfuls of golden olive oil; then he poured on some wine vinegar, and, last, a pinch of fragrant herbs. Madame Fontano and I had double portions while we waited for our main course, we agreed it was one of the best salads we had eaten since last we dined together in Italy.

Saltimbocca is made with thin slices of veal, sautéed to a golden brown; then on top is placed a piece of lean ham and some fresh sage leaves, all nicely broiled together. How appetizing it smells and looks! With this delicious fare we have our cooked mustard greens (Italians know so well how to cook them). After such a meal it would not occur to me to offer a guest a rich dessert. We end with fresh fruit cup, and, of course, café espresso.

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Lindy's

Would you like to go to Lindy's while we are in New York? You will eat well there Here we go.

We start with Lindy's special hors d'œuvres—old-fashioned dill pickles, the best you ever ate; beet relish and raw sauerkraut, not out of a can, but homemade and wonderful. We can have all we want, they are appetizing, satisfying and lean.

Now, what else? Suppose you do the ordering this time. Goose? Duck? Come, now. This menu is full of wonderful lean dishes—lean corned beef or a delicious breast of chicken, cooked with many fine vegetables—a sort of *pot-au-feu*, which I recommend highly. What? You're still thinking of roast goose? Don't be a—— Here, I'll do the ordering.

'Waiter—bring us boiled beef with horseradish for two.'

It's the best and heartiest dish on the menu They serve a big portion and we can eat it all without conscience trouble, if we cut away the outside fat For dessert, fresh, ripe pineapple. . . . No, let's have a big half-grapefruit—broiled, this time.

You think Lindy's is tops? I knew you would Better not come here without me, though, until your hungerstat is completely under control.

Buenos Aires

You will be amazed at the superabundance of meat, milk, eggs, and cheese in Buenos Aires, and when I tell you that in the markets calf liver costs a few pence a pound, you will see why, in this charming city, you can dine like a king without paying a king's ransom

We will go to the Alvear Palace Hotel When I visited Buenos Aires last year I lived there and ate most of my meals in the Grill Room, with government officials and with friends One meets many North Americans there, and many celebrities I remember that, among others, the flier Jacqueline Cochran and her husband, Floyd Odlum, found it their favourite place to dine and to entertain their friends.

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Meats are prepared wonderfully well here and—can you believe it?—it is not unusual for an Argentinian to eat a two-pound steak for lunch. However, our hungerstats permit only half of that. With our big steak let us order a big salad made of leaf lettuce, unpeeled cucumber, chopped-up radishes and green peppers. We also will have artichoke hearts, which are so plentiful in the Argentine. These are topped with a bit of butter and taste unbelievably delicious. Once again there is no room for a big dessert. We end our meal with a big slice of juicy pineapple, sprinkled with a bit of kirsch, a demitasse, and a salute to the cuisine of the Argentine!

London

Now we are in London, and London has good food again. We will go to the Restaurant Caprice, which I learned about from Anna Meyerson, the famous Austrian-born British painter. She has much talent and a heart that is typically Viennese; she looks like a combination of Luise Rainer and Audrey Hepburn. Anna and I have two loves in common. One is the beautiful town of Taormina, Sicily, where she has a studio, and the other is good food. We happened to be in London at the same time, and Anna invited me to dine with her.

We arrived at the Caprice, and sat side by side on a banquette, studying the menu, my eyes fairly popped at its size and variety. Slim Anna does not diet. She knows how to eat and she proceeded to order a meal I will long remember

Belgian Endive
Steak Diane
Green Asparagus Amandine
Wild Strawberries with Yoghurt
Demitasse

We were treated like royalty. The head waiter himself cooked the special steak right at our table. He put just a bit of butter in a heavy skillet and in less than five minutes the Steak Diane

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was tender and delicious. With this we had the green asparagus, sprinkled with a teaspoon of toasted almonds. The wild strawberries were the last of the season and tasted especially delicious. We ate them with yoghurt and a bit of honey—who could possibly prefer heavy cream?—and ended the meal with a steaming demitasse.

Berlin

Do you know Berlin? It is sad to see nowadays—fenced in by the Russians, who stand at the city's gates. Berliners are living meagrely in their isolation, all their food is either flown in or brought by trucks and trains which have had to pass through the Russian Zone, and of course this does not make for variety.

Berlin's famous pre-war restaurants no longer exist, but there are many splendid new places where one can dine very well indeed. I shall take you to Kepenski's. It is probably the best restaurant in the city. I have a surprise for you. The menu features a Gayelord Hauser meal. You will find it delicious and the price is only six marks—about nine shillings.

Clear Vegetable Broth
Broiled Calf Liver with Apple Slices
Five-Minute Spinach
Open-Faced Strawberry Tart

Paris

Yes, I know. French cuisine is heaven to eat but can be hell on the waistline! But here is good news. Slowly and cautiously the wonderful chefs of France are changing their ways. They are not getting less wonderful—perish the thought. But they are being influenced by the *Société d'études pour l'application des Méthodes Gayelord Hauser* which has offices at 4 Faubourg St. Honoré in the heart of Paris.

This new centre was formed by a group of influential Parisians; through their efforts intelligent eating in all its branches is being taught to thousands. French chefs are listening and learning that

they can cook leaner foods without sacrificing a soupçon of flavour or deliciousness. I have high hopes of this new awakening. Those miraculous chefs of France are among her best goodwill ambassadors; I believe that Paris, in addition to being the world's high fashion centre, may yet rule the world of intelligent eating.

While we are in Paris, let us go to France's beloved Maxim's. There was great excitement here one day last year. The entrance was garlanded with great festoons of fresh vegetables in a riot of colours. People passing exclaimed, '*Ça, c'est fou!*' But it was no crazier than I am. In fact, it was a party given in my honour.

This was a novelty for the conservative French people, more than five hundred turned out to see '*Qu'est-ce que c'est que ça?*'.. On one side of the famous restaurant was a health bar where fresh vegetable juices were served in champagne glasses. On the other side was a champagne bar where the driest (which is the leanest) champagne was served. Most of the guests had first a glass of vegetable juice and then a glass of champagne, and *Figaro*, the conservative Paris newspaper, the next day called me a wise man. Why? Because I featured not only my vegetable juice (which they liked) but also their French champagne, which after all is, as *Figaro* said, one of the most delicious fruit juices in the world.

After this cocktail party I dined with my friends M. and Mme Maurice Lehman, who can always be found where interesting people are gathered together in Paris. Our menu was a celery-shrimp cocktail, followed by delicious *poulet* (tender chicken) surrounded by many small white roasted onions and served with tender *haricots verts* (green beans). For dessert, Mme Lehman, who knows exactly what I like, ordered a *coupe de fruits* made of small, wild strawberries, fresh peaches and bits of toasted almonds, to which was added just a touch of kirsch for its delicate flavour.

Venice

It was festival night—the last time I saw Venice. The hotels were packed with people from all over the world. I had arrived by plane from my holiday in Taormina to be a judge at one of

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those fantastic celebrity parties given by Mr. Earl Blackwell, Mr. Celebrity himself. There were many attractive and interesting people to meet—Maria Felix, the Mexican star, Isa Miranda, Sylvia Gable, Lorelle Hearst, Princess Pignatelli, Count and Countess Rudi Crespì, Greta Keller from Vienna, dukes and princesses—but the lady who interested me most was Gloria Swanson, who also was one of the judges. She was tiny and slim in her maharanee costume, full of life and radiant with the spirit of tomorrow

Gloria and I dined at the Taverna de la Fenice in one of the small, intimate squares—one of the world's fine restaurants, where good food has been served for more than a hundred years. We sat in a comfortable corner where we could relax and talk. Here is what we ordered from the big menu.

Italian Salad Bowl
Grilled Scampì (shrimp)
Peach Flame
Café Espresso

While we waited for dinner, Gloria told me the why and wherefore of her great interest in food. I was amazed at her knowledge; she is a real crusader and knows from personal experience what good food can do for you. She eats little and is a connoisseur, so much so that, wherever she is, she has organically grown vegetables and fruits flown to her from California. One of her favourite meals is a salad bowl which is a complete meal, occasionally she makes this for her friends.

As we sat in this cosy square in Venice I could not help marvelling at her. Twenty years had passed since I last saw her, but she looked the same. No—I take that back. She looked even better than she had twenty years before when she was the reigning queen of Hollywood. Nowadays her face looks softer, gentler, more radiant and understanding. Her small body is the same; no cushions and rolls to mar her tiny figure. Viva Gloria, I thought!

12

Find Your Real Goal



Now that you have found your real self and taken possession of your real world in all its abundance of real, natural wholesome foods, let us do some real—not wishful—thinking.

What are you going to do? You are going to lose from ten to fifty pounds. How are you going to do it? By following our YES AND NO Reducing Plan. All right. Why are you going to do this? In other words, what is your real goal?

Are you trying to recapture the will-o'-the-wisp of 'sweet sixteen'? Is it a daydream career or daydream romance you are after? In other words, is yours a too-lofty, unrealistic goal? Let me warn you against this, from long years of experience, and urge you to seek from the beginning your *true* goal, which is the realization of your own best self.

Aim only at what is possible. In this way you will start off with a bang. You will lose pounds. You will look younger, be more efficient and attractive. You will feel immeasurably better, for we have upset forever the mistaken notion that 'reducing lowers your vitality and your resistance to disease', and know that *nutritionally correct reducing* means not only a loss in weight but a gain in health.

Is your goal a 'perfect' figure? I hope not. When I ask you to visualize your ideal figure, I mean the slender, well-proportioned YOU—not a streamlined model or your favourite movie star. Hitch your wagon to a movie star if you like, but remember that you are a unique individual, there is no one in the world precisely like you. Don't try to be an Audrey Hepburn if you

are an Ingrid Bergman type. There are standard types of figure—small, medium, tall and statuesque—and these have more or less similar waist, bust, hip and ankle measurements, but these measurements are not rigid and there is no perfect figure, either for women or men. I hope you will stop counting inches and think of balanced bodies, just as you have stopped counting calories and begun thinking of balanced meals. You have learned how ideal weight varies with height and bone structure. So does the ideal figure vary.

Nutrition is a creative science. Your body—every cell, organ, muscle and fibre, from fluid blood to hard bones—is constantly changing and constantly in equilibrium with the foods you eat and the chemicals you manufacture and store. No matter what your age, no matter whether you have stopped 'growing' visibly or not, you are different every day. This is true even of the seemingly inert store of fat—its composition changes constantly and so can its distribution. You can, to a very significant extent, *remould* yourself, starting today. And the way to achieve your ideal figure is to visualize your measurements *in harmony* with your height and body frame—yours, not someone else's.

Watch the Curves

Your curves, I mean. A bag o' bones is no more interesting to live in than a padded cell of fat, and life itself would turn flat if women ceased to glorify their hips, breasts and buttocks. The real you is a woman generously curved in the right places—or a man with a good firm covering of shapely meat and muscle. Remember the skinny, unfeminine frames that were popular in the early 1920's? Ladies, don't do that to yourselves, ever again. If you faithfully follow our plan of reducing until you reach the size and weight that are right for you, that's the point at which to level off. With your newly-acquired knowledge and experience of what are the protective foods for your individual biochemical make-up, you can stay at that happy level without fluctuating more than a pound or two one way or the other, for the rest of your long and happy life.

Find Your Real Goal

Good Nutrition Means Good Looks

Your reducing régime, you know, is also a beauty régime. Meals containing good protein foods are insurance against premature wrinkles, because protein keeps the muscles firm and elastic. Proteins also are needed by the glands of internal secretion for the formation of hormones. The milk drinks, vegetable juices and brewer's yeast which are part of your reducing menus supply you generously with the B vitamins so important in preventing dry and ageing skin. In Europe there is much talk about unsaturated fatty acids giving a bloom to the skin, and



these you find especially in cold pressed soya, peanut, corn and linseed oil, which we use on salads and for cooking (sparingly, of course).

Speaking of beauty, may I digress a moment and remind you reducers who want smoother, younger-looking faces that the best external treatment for the skin is washing it with soap and water? Use lots of lather, especially around the 'oil zone' of the nose, and then try this beauty trick. apply an oily cream or lotion to the skin, let it soak in for a moment and then scrape off the oils and dry skin scales with a spatula made of plastic or hard rubber. This simple beauty trick was used by the ancient Romans

Find Your Real Goal

and is just as effective today. Men do it automatically, of course, while shaving with lathered soap.

For the average overweight person, an eating plan that is high in proteins, vitamins and minerals will reduce you evenly, from head to foot, and the skin will maintain its firmness and elasticity throughout the process. Some people who have been overweight for many years and have 'overdieted' may find that the skin has lost some of its elasticity—like a rubber band that has been on the stretch for too long a time. This usually is only a temporary annoyance that gradually corrects itself. In rare instances, however, little droops, sags and hammocks of skin may remain. In such cases, by all means consult a plastic surgeon. There is nothing shameful about such reconstruction and you need have no hesitancy in approaching a reputable plastic surgeon about it—it is a normal, everyday job to him. You would not hesitate to call the right person to correct flaws in your house, your car, your clothes, or your teeth.

Psychological Goals

You will need an incentive for reducing, but, as I have said, let it be, not will-o'-the-wisp daydreams, but your natural desire to become your own best self. Rewards will follow, in the form of bonuses, and there is a sound psychological basis for this. Reducing is rejuvenating because it means giving up the old and taking on the new. Also, it stimulates new aptitudes because with the new-found ability to control overweight comes new confidence in your other abilities. In using your mind and imagination to improve your physical self, you improve your personality. Moreover, in the process of rebuilding your body closer to your heart's desire, you will find that you rebuild your habits of thinking and doing, and that you outgrow some of your old associates even as you outgrow old habits of eating. Re-setting the habit-stat, remember? Good. Reach out for new ideas, new friends, new things to do.

Find Your Real Goal

No Excess Baggage

You will be besieged on all sides to buy special 'aids' to reducing. The list is endless and growing daily: reducing salts, mineral waters, hormone preparations, drugs, purgatives, diuretics, appetite killers, fat dissolvers, magic pills and potions, biscuits, candies, chewing gum, beverages and other stomach foolers, synthetic sugar substitutes, rolling pins, massagers, vibrators, exercise machines, rubber garments, Turkish baths, ultra-violet baths, spot reducers. They'll reduce your purse, and that's about all.

Unless your doctor finds it advisable to prescribe for you some form of scientifically prepared appetite-decreaser, as a temporary measure to help you get into the swing of new habits, I would advise against any such excess baggage on your reducing trip. Let's face it: you become fat from overeating, largely from over-indulgence in fatty, starchy and sugary foods and under-eating of the protective foods rich in protein, vitamins and minerals. Year after year this basic fact is stressed in the medical literature.

Guide-posts to Your Goal

For many reducers, a tangible symbol of the weight goal is a great help in combating the temptation to backslide. Many reducers find that a really good new dress or suit in the size that should and soon will be theirs, hanging in the closet waiting to be worn, can keep them on the road to the goal. A man may enjoy buying a shorter belt. However you do it, as you make progress with reducing, reward yourself. You've earned it. Buy a new hat, blouse, shirt, new accessories or whatever. Try new hair-do's and new make-up as you go along. You will find that little prizes, carefully chosen, can be a powerful incentive as well as good guide-posts to your goal.

And if you have backslid? Don't worry about it, and, above all, don't berate yourself. You are not do-or-dieting. You can take Dr. Hilde Bruch's word for it that, 'People who approach dieting with an all-or-nothing attitude usually wind up with nothing.'

Find Your Real Goal

If it is impossible to stick to diet on certain days, then don't stick to it—provided you pick it up again immediately. If you give attention to your real needs, rather than become the slave of arbitrary rules, you'll be able to diet and still enjoy life'.

That sounds familiar, does it not? It is another way of stating our YES AND NO philosophy of freedom. The poet Robert Frost has said a wise thing which I want to pass along to you. Asked for a definition of freedom, he replied, 'I guess one way of putting it would be that you have freedom when you're easy in your harness.'

Going Your Way?

If you are one who does not like to travel alone and finds the road of weight reduction especially lonely, do get together with someone else bound for the same goal. You can be of amazing help to each other in keeping on the right road, helping each other over the rough spots, and avoiding the temptation to wander off down inviting side roads of self-indulgence.

In many communities, all over the United States, reducing clubs with catchy titles have been organized for such mutual help. If there is none in your community, start one through your local club or church. You probably will find plenty of people just waiting for someone like you to take action. Such an organization can become the most interesting and valuable club in your town. All you need is your own enthusiasm to reduce and live happily, plus a meeting place and a scale where members can be 'weighed in'. And, of course, you need a doctor to give his okay to the would-be reducers—a doctor who has solved his own overweight problem is doubly valuable.

13

Exercise—Yes and No



Yes, certainly, a moderate amount of exercise is both necessary and beneficial. NO, certainly, there's no need for strenuous callisthenics. Make it YES-and-NO Exercise will not reduce you, but it will help to restore your body proportions

My favourite exercise, and one of the simplest, is good, old-fashioned walking. We are so overmechanized and motorized that we tend to forget what feet and legs were made for, and let them grow stiff and creaky from disuse. A brisk walk in the park or in the woods—long strides, please, deep exhalations of breath—can make you tingle and glow with well-being. Do you protest that you would have to hike three miles to 'walk off' a single lamb chop? I do not recommend trying to 'walk off' anything. I recommend walking for the joy of it.

Several recent books for reducers have scoffed at exercise, saying that the way to lose weight is simply to eat less food. True enough, so long as you eat the right combinations of nutrients. But you will find it wise to add to your reducing programme a few simple exercises which will take up the slack in your skin and muscles as you shed your excess pounds. NO strenuous exertion; YES, a few reconditioning exercises. Let me introduce you to a few that I hope you will want to do for the rest of your long, slim lives.

STRENGTHEN THE WEAK NECK MUSCLES

The myth has been exploded that fat people are jolly, merry and free from care. Modern psychiatrists tell us that those who are overweight suffer as much from tension as the rest of the world, probably somewhat more. And do you know where tension manifests itself in the body? I am certain you do. It manifests itself right in that stiff neck—at that all-important crossroads between your body and your mind, where your physical, mental and emotional YES-NO, GO-STOP traffic converges and sometimes gets its signals painfully blocked or jammed.

In addition overweight people tend to have extra rolls of flesh around the neck and under the chin; perhaps even dowager's hump, that fatty badge of inactivity across the shoulders. Have you been nodding YES to too many fattening foodstuffs, and neglecting the vigorous NO that keeps your neck slim and supple? Well, here's how to relieve pain-in-the-neck tensions and revitalize neck muscles as you shed those surplus chins.

YES-AND-NO

1. Say YES, aloud, with an emphatic forward swing of your head, bringing your chin down to the chest. Hold it for three seconds, then chin up as high as it will go, and hold it again. Repeat the YES vigorously, several times a day.

2. Say NO, emphatically, turning your head first to the left, then to the right as far as it will go. Hold it for three seconds, first left, then right. Try it several times a day and remind yourself to say NO to more of the sweets and pastries that now cling around your neck.

3. Nod YES and turn your head to the left—NO—and circle back and around, rotating your head gently on its axis. YES-and-NO-and-YES-and-NO . . . Say it *aloud*, experimenting with different inflections and tones of voice. It is more interesting

Exercise—Yes and No

if you do this and will improve the tone quality and range of your speaking voice.

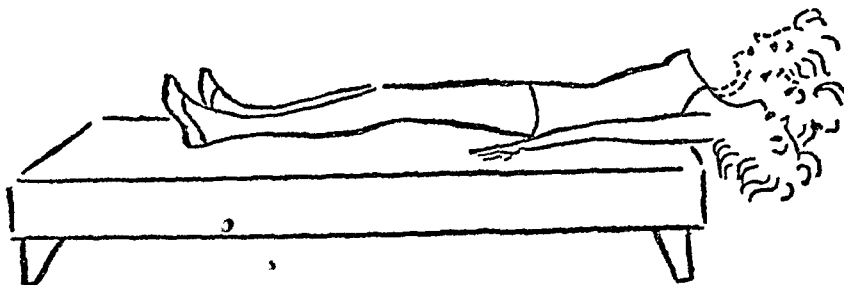
4. Open your mouth and YAWN. Relax your jaws. Yawn as widely as is comfortable, repeatedly. Yawn your head off. Never mind your manners.

You will find that these simple YES-and-NO exercises can do wonders for taking the tensions out of neck and shoulder muscles and restoring them to young and supple lines. Try it now. Put this book down and treat yourself to ten YES, ten NO and ten YES-and-NO. Have you ladies who enjoy facial treatments at your favourite beauty salon ever wondered why the operator *begins* by working the kinks out of your neck and shoulders? Now you know why. It is to relax and stimulate circulation to the facial muscles so that you get full benefit from the facial treatment.

THE DOUBLE STRETCH FOR DOUBLE CHINS

This is the best of all neck beautifiers, and you will be interested to know that it is used by your favourite movie stars to keep a youthful chinline regardless of the years. The double stretch is excellent for helping to get rid of double chins, and a wise precaution against letting the neck sag into loose 'turkey folds' as you shed excess fat.

For this one, lie on your back across your bed, with the head hanging over the edge of the bed. Now slowly raise your head, up, up. Be sure not to raise your shoulders. Relax and repeat. Do this simple exercise six times at first, then after two weeks



do it twelve times each day. If your chin tends to be dry and crêpey, I suggest that you lubricate and oil your neck well with the richest neck oil. Most women do not know that the skin on the neck has fewer oil cells than the skin on the face. That is another reason why the neck often looks much older than the face.

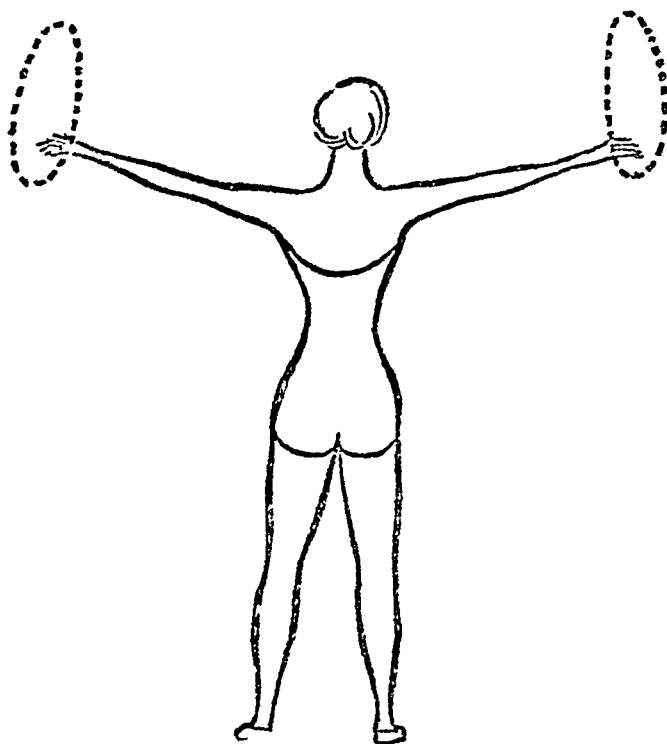
VITALIZE THE BREAST MUSCLES

These exercises are specifically designed for the ladies, to help tone up and strengthen the muscles supporting the breasts. Reducers especially need to counteract the sag of overburdened, unused breast muscles and overstretched skin. While your good protein foods help firm up the muscles from inside, as you burn up the excess fat, these simple exercises will help restore the elasticity of muscular tone and strength, so necessary to a well-formed bosom. They are lazy and easy to do.

1 *The windmill.* Stand up and extend both arms to the sides, straight out at shoulder level with the palms of the hands facing forward. Then, keeping the arms straight, whirl them in rapid circles—‘make like a windmill’. Do the windmill in forward circles first, then go into reverse and whirl the arms in backward circles. As you do this, try to breathe naturally. Don’t ever hold your breath while exercising. You can do this several times a day—outdoors, if possible; and if not, do open the windows. Fresh oxygen also helps to burn up fat, you know!

2 *The elasticizer* For this one, you will need a yard and a half of good strong elastic, about three inches wide. Sew each end in a loop, for hand holds. Now stand up, put one hand in each loop and raise your arms level with the shoulders, out in front of you. Then pull with both arms, as far to the sides as you can stretch the elastic. Try it ten times at first, and after a week you will find it easy to do it twenty-five times.

Here’s another elasticizer. This time, hold the elastic behind your head and stretch to the sides as far as possible. Do this one ten times at first, and work up to twenty-five times, a week later. You will feel the upward pull on the pectoral muscles as



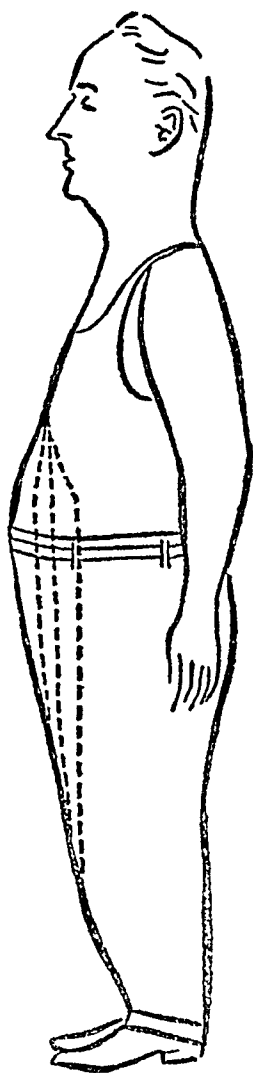
you do these 'elasticizers', and you will find them invaluable in restoring healthy elasticity to the muscles intended to support the bosom in pleasingly firm, well-rounded contours. In Hollywood, Terry Hunt, who has beautified many of your favourite movie stars, has successfully restored beautiful breast contours with plenty of protein foods plus these simple exercises. To get even speedier results Terry Hunt recommends a one- or two-pound dumbbell in each hand.

THE STOMACH LIFT

For years I have been teaching my students the *Bauchgymnastik* (belly gymnastic) which was originated at Dr. Bauer's famous clinic in Munich. I call it Stomach Lift, and it is the ideal exercise for men and women reducers—especially the men, whose extra pounds so often take the form of a pot belly. You can do this exercise anywhere, any time. Just pull in your belly, as hard

Exercise—Yes and No

as you can, and hold it for about ten seconds. Once you get the hang of it, and get that paunch whittled down, you'll find yourself habitually holding your belly flat and firm within its natural muscular corset



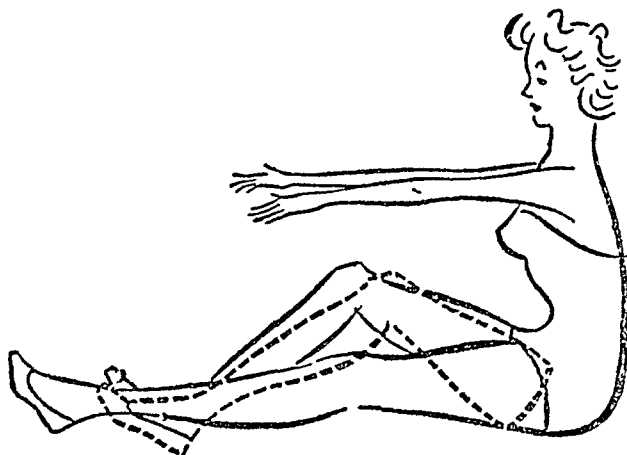
The easiest way to learn the Stomach Lift is to practise it while lying flat on your bed. After a while you will be able to do it standing, sitting, or in any position, and it will become a habit. Try it now. Pull in and count 'one'. Now pull in some more and count 'two'. Now pull in and up as hard as you can on the count of 'three', and hold it for about ten seconds. That's

all there is to it. One, two, three and hold it. But, of course, don't hold your breath. Breathe normally while doing this or any of my exercises. Start doing the Stomach Lift five times a day (it only takes two minutes) and after a week you can do it ten times a day. Within a month you should be able to do it easily twenty-five times a day. After that, you probably will habitually and unconsciously hold yourself together, as Nature intended you to do.

You will be amazed at what the Stomach Lift can do for you. Not only will it cut down that bay window you have been pushing around, but in strengthening the muscles supporting your intestines it will improve the digestive functioning as well; it can banish postural fatigue and improve your shape, your outlook on life and your whole sense of well-being. If you read *Look Younger, Live Longer*, you will remember that my favourite grandmother, Grandma Reynolds, got rid of her 'jelly belly' at the age of eighty-two. She is now in her spry nineties and still has a firm, flat midriff.

THE FANNY WALK

For men and women who are overweight and have deposited excess stores of fat in the buttocks, here is an easy and effective lazy exercise to help wear down that fat

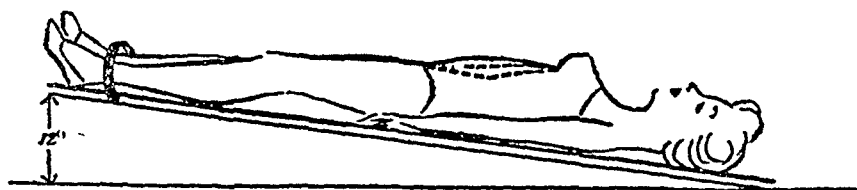


Exercise—Yes and No

Sit down on a smooth carpet, feet together, knees slightly bent. Now dig in your heel, starting with the left, and 'walk' your body forward across the floor—use only the heel and leg muscles to pull yourself forward. Go forward for a minute, then go into reverse and back up to where you started from. Repeat back and forth, back and forth. Feel that pull along the unused leg and buttock muscles? Besides strengthening and revitalizing these neglected muscles, you are also giving the excess fatty pads a good squeezing massage. If I cannot induce you to take a long everyday brisk walk, then please do this very effective fanny walk twice around your living-room on a nice soft carpet!

WORLD'S 'LAYZIEST' EXERCISE

I have given you a few active, but not too active, exercises, and now for the last let's have a 'layzy' exercise that will do much for you while you do nothing. Try it right now. You can do it on the floor or on a couch, whichever is most convenient. Just lie down, put a cushion under the buttocks to elevate the hips, then put your feet up on something higher than your head. Now relax, breathing normally. *Let Go!* With this simple trick



you have reversed the pull of gravity, and all the weight of the body is removed from your legs and feet. You are restoring and resting all of your internal organs, releasing your muscles from their resistance to gravitational pull, and permitting freer circulation of the vital bloodstream to all parts of the body. There is something instinctive about the urge to relax in this way, as many men, who like to tilt the office chair and put their feet on the desk, bear witness.

Exercise—Yes and No

I heartily recommend this remarkable 'relaxative' to everyone, at least once a day, for fifteen to thirty minutes—and if you are on your feet all day or most of the day, do try to refresh yourself with the Body Slant at least twice a day.

The best way to get the maximum of benefit from this lazy exercise is to get yourself a board, on this the entire body gets the benefit. Many stores now sell ready-made Slant Boards,¹ and they are easily made at home. The board should be eighteen inches wide, slightly longer than yourself, and the raised end should be about twelve inches high (never more than fifteen inches). For solid comfort you can place a piece of foam rubber over the whole board.

BREATHE THAT FAT AWAY

YES, you can speed up your reducing by deeper breathing. NO, this is not a theory from the Far East, but a systematic method used by a famous Viennese doctor and based on scientific investigation of that important little area of your brain, the hypothalamus.

I had never heard of systematic deep breathing being used in weight reduction, so I made a special visit to Dr. Lothar G. Tirala, head of the famous Wilke Sanatorium in Wiesbaden, Germany, to discuss his method. I was not surprised to learn that he believes that in the hypothalamus and the elongated part of the spinal cord lie the centres which regulate metabolism. I, too, was familiar with Dr. Brobeck's animal experiments in hypothalamic obesity and Dr. Jolliffe's appestat theory (see page 62), and I knew the growing evidence of a relationship between overweight and the functioning of this appetite and satiety centre, the hypothalamus.

Dr. Tirala believes that many overweights suffer from disturbance of this centre, and that this can be normalized by deep breathing. He is against starvation diets and fasts; his method, which has helped people from all over the world to reduce,

¹ Obtainable from Life and Beauty Ltd, 5 Avery Row, London, W.1

consists of a balanced diet *plus deep breathing*. The 'inner breathing' of the body cells he finds to be below par in overweight people, he told me, and this can be helped by his method of systematic deep breathing. He finds that additional oxygen invigorates the whole body and normalizes the appetite for food.

However this may be, it stands to reason that every time you take an extra deep breath you draw in extra oxygen, which makes your body fires (metabolism) burn brighter, and that this process helps burn up excess fat. I am not going to give you a course in systematic deep breathing, but I do want to help you speed up your reducing by teaching you to breathe better, and here's how.

Lie down and relax. Open your collar and loosen your belt. Exhale as much as you can, then breathe in through your nose—don't force it, don't hang on—and exhale through the mouth. While exhaling, hum the letter 'U'. Don't pull up your chest as you inhale. Instead, think of your belly and 'breathe into it'. First your abdomen, then your chest will expand a little. Don't force—easy does it. Exhale slowly and gently, humming 'U' as long as you can. Do this every day—five times at first, then ten and finally twenty. It is a wonderful awakener the first thing in the morning. Later on you will give yourself this oxygen cocktail whenever you are in the fresh air, sitting next to an open window, driving or walking in the park.

I hope you will make this belly breathing part of your reducing plan. After a few days your breathing will be less hectic, your inhalation and exhalation will gradually become deeper and calmer. Later on the chest will expand and the waistline will grow smaller. One important reminder: make your exhalation longer than your inhalation. Long exhalation forces out carbon dioxide, and automatically you inhale more of the life-giving oxygen which quickens your body fires.

14

Give Yourself a Day



W e read in the Bible that the Lord made the world in six days, and on the seventh day He rested. The Sabbath has become a traditional day of rest, the world over. But how many of us do really observe a day of rest—completely detached from hustle and bustle and habitual routines?

I want to recommend to reducers—and all other wise people—regardless of income, business, family, friends and relatives, that you declare one day of the week YOURday and make it just that. It can become the most important and valuable day of the week to you. Whether you are able to establish it for Saturday, Sunday, or a weekday, stake your claim and hold it against all odds. Make it a permanent habit and you will become richer, happier and healthier for it. If friends and family jeer and scoff, let them; the chances are that after a while they will see what it does for you and stake out THEIRday for themselves.

YOURday is to be one completely detached from the distractions and obligations of other days, both of work and of family. On YOURday you are at no one's beck and call. Don't tell me you cannot possibly do it, the busier you are, the more you need it. The more firmly you establish the habit of YOURday as one freed from anxieties, tensions, cares and the harassment of 'what time is it' the more easily and efficiently you will find yourself operating throughout the other days of the week. Not for nothing has it been said, 'Man does not live by bread alone.'

HOW TO SPEND YOURDAY

Some people have become so involved in the hectic rush of existence that they have no clear idea of how to go about using one whole day of freedom from the treadmill. If you are one of these, let me make some suggestions to get you started. We'll take the physical man first, then the inner man—and woman.

No alarm clock to wake you up. On YOURday, wake up naturally, easily, lazy and relaxed. For once it does not matter what time the bus leaves. Try an oxygen cocktail before arising. Take half a dozen slow, deep breaths—inhale through your nose, exhale through the mouth. Easy does it. Don't hurry out of bed; relax a while and enjoy the luxury of being relaxed.

Ready for breakfast now? Good! Give your digestive system a recuperative lazy day also. During your first thirty to sixty days on our reducing régime, while you still are consciously resetting your hungerstat and habitstat, YOURday will be a day to strengthen your resolves. Later, when control of these inner mechanisms has become automatic, YOURday is your opportunity to offset, by YES, YES lean eating, whatever NO, NO rich eating you have allowed yourself during the rest of the week. Here are some ideas for the day's menus. They are generous. If you wish to be more Spartan on YOURday, see pp. 281-2 for Special Diets.

Breakfast

Have your favourite fruit juice, or whole fruit. Remember, the whole fruit is preferable for reducers because it is more slowly digested and provides satisfying bulk for a stomach accustomed to being overloaded. Treat yourself to Swiss coffee—a big cupful of fresh hot coffee with hot milk, mixed half-and-half, flavoured with a teaspoonful of energizing honey. Of course you use lean skim milk.

Give Yourself a Day

Mid-Morning

A bracer to keep the energy high: a glass of lean milk, milk shake, buttermilk or pepcocktail.

Luncheon

Now is the time to enjoy a big bowl of salad. Choose either fresh fruits or vegetables with leafy greens, plus four heaping tablespoons of cottage cheese, and sprinkle it with lemon juice and a dash of salt (and the smallest dash of light dressing, 'if you must have it'). With your salad have one slice of whole wheat, rye, or protein bread very lightly buttered. For a beverage, take your choice of Swiss coffee, buttermilk or hot tea with lemon and honey.

Mid-Afternoon

Enjoy another refreshing snack, chosen from any *one* of the following. Hot jasmine tea, or mint tea, with honey and lemon. A glass of yoghurt flavoured with honey. A glass of fresh vegetable juice. A glass of tomato juice flavoured with a pinch of salt and a quarter-section of lemon.

Dinner

Start with something fresh, either a vegetable-juice cocktail or a generous green salad, with light dressing. For the entrée, have your choice of a fluffy omelette, broiled liver sprinkled with parsley; broiled mushrooms, cottage cheese with chives. Add a moderate serving of short-cooked vegetable. Have a mealy baked potato flavoured with a spoonful of yoghurt or a half square of butter. Now for dessert. have a fruit compote made with any small fruits, or cut-up fruits, of your choice—with honey drizzled over it. For a beverage, choose one of these: demitasse; Swiss coffee, papaya mint tea; jasmine tea; or buttermilk.

Give Yourself a Day

Good-Night Cup

Before retiring, soothe the inner man or woman with a glass of hot lean milk flavoured with honey, or molasses, or liquorice. You will find that this one day of extra lean eating is vastly beneficial to your digestive system, as well as to your mind and emotions

Now let's think of other ideas for YOURday.

The Relaxing Bath

This is a good day to treat yourself to the most enjoyable and most beneficial sort of bath—take it any time during the day, except at bedtime. Fill the tub with pleasantly warm water and lie in it limp as a rag doll for ten, fifteen, thirty minutes or as long as you like

When you are thoroughly relaxed and soothed, try this before getting out of the tub—pull out the plug, turn on the cold water, then use both hands to mix the cold water with the warm water you were soaking in, and keep splashing it over yourself as the water gets cooler and cooler. When you feel 'in the pink', glowing all over, step out and dry yourself vigorously with a good, big, sturdy towel.

Exercise

YOURday is a perfect day to limber up all your body with the lazy, easy exercises I have outlined. You can make it a really rejuvenating day. You don't have to dress up and rush out anywhere. No hurry, no worry. Two or three times during the day do all your exercises. YES-and-NO neck exercise, the Belly Lift, the pectoral muscles and the buttock muscles, as well as the Body Slant. This is YOURday to set your habitstat for simple, regular exercise all week.

Give Yourself a Day

Sun and Air

Weather permitting, do treat yourself to some sun and air on YOURday. It's a wonderful time to enjoy sunbathing and store up some 'sunshine vitamins'. Take a brisk walk in the park, to revitalize the circulation and give your lungs a healthy ration of good, clean oxygen. Get acquainted with the delights of walking through woods and fields, with leisure to see and to sense the beauty of the world you live in.

Mental Treats

If you have been longing for time to potter, read, meditate and invite the spirit, or to launch some pet project, now is the day to do so. You know that the only time your conscious mind is unoccupied is when you are asleep. On YOURday, empty it of the daily routine, occupy it and refresh it with new thoughts and things.

You are an oral person, you know. That means you have a keen appetite for words. You love them—you probably can't get enough of them, in one form or another. How will you have them served to you on YOURday? That depends on your individual taste, but here is the general idea. On YOURday take your words *in the exact opposite* of the way you get them the rest of the week.

Do you spend much of your time talking to people? Then spend YOURday talking to as few people as possible. Take your words in written form—reading, dipping into the dictionary and encyclopaedia, cutting and pasting clippings in a scrapbook, writing letters. Or take your words vocally, aloud. Memorize a favourite poem and recite it aloud to yourself. A well-known lecturer writes me that she spends part of HERday singing. Not that she can sing—she just likes to think she can.

Some professional talkers are gluttons for silence. I am told that one well-known American news broadcaster spends HISday like a veritable Trappist monk, he sees no one, takes no calls,

Give Yourself a Day

and eats crossword puzzles alive—complicated ones imported from England. A stage comedian I know spends HISday inventing cryptograms. A university professor has a taste for bird-watching, on HERday she is strictly for the birds. If you have such an appetite for silence, do indulge it on YOURday. Give yourself the greatest treat of all—the joy of sitting still and listening. Listening to what? To your own thoughts and reveries. Meditation, you know, is the nutritional element of the soul: it feeds spiritual strength and power. ‘Be still,’ the Bible tells us, ‘and know that I am God.’

Perhaps you live and work alone. If so, on YOURday you will want the opposite of silence. ‘On MYday’, a freelance writer tells me, ‘I ride on the bus, sit on park benches, eat in crowded restaurants, smiling at people (with discretion) and starting up casual conversation with anyone and everyone.’

This is YOURday to pursue any new project you want to undertake. What is it? Clarinet playing? Languages? How long is it since you browsed through a library or an art gallery or a ‘museum’? You are well on your way now toward eliminating ‘middle-aged spread’ of the body. YOURday is the day to take steps against middle-aged spread of the mind.

MENTAL COCKTAILS

Sounds crazy? Not at all. It is the most delightful cocktail you can mix, the best sleeping potion, and guaranteed to leave no hangover. You can take one whenever you want to empty your mind of unpleasantness, and give it a refreshing draught. You can take one (instead of barbiturates) to lull you to sleep at night. You can carry the ingredients around with you, all the time, and take one whenever you need a lift.

I first wrote about mental cocktails in *Be Happier, Be Healthier* and the *Reader's Digest* reprinted this ‘recipe’ for serenity. The response has been amazing. From all over the world letters have come, thanking me for the ‘lift’ these cocktails give

Give Yourself a Day

A mental cocktail is made up of happy experiences—the remembrances of the things that have delighted your five senses. sight, sound, smell, taste and feeling. You can choose from the storehouse of your mind what ingredients suit your fancy. Mix to taste, then let the mind savour it to the full. Let me give you a sample of one I mix for myself whenever the life-going becomes a bit tough.

I relax and think of the unforgettable *sight* of sunlight breaking through a grove of California redwoods, centuries-old giants of trees that tower to the heavens like the majestic columns of a vast natural cathedral.

The wondrous *sound* of Bach's immortal music, played by Dr Albert Schweitzer on an organ designed by himself, in a little church in a peaceful town near Strassburg.

The exquisite *fragrance* of thousands of orange blossoms, in Taormina, Italy, drifting to me on the early morning breeze as I sat on my terrace.

The delicious *taste* of little wild strawberries gathered on a picnic in the Black Forest. Never, never was there anything so delicious to taste.

The blissful *feeling* of the desert sun at Palm Springs, the warm contentment of soaking up generous amounts of sunshine.

Yes, you can mix yourself a mental cocktail in a matter of moments, at any time. Draw upon your stores of peaceful, happy experiences—re-live them—dwell upon them—thus you give yourself a mental stimulant that relaxes the tense body, refreshes the harried mind and bruised spirit in only a few moments.

Sometimes I feel the need of a mental cocktail, composed of thoughts that lift the spirit—gems of wisdom, inspiration, hope, assurance—thoughts collected from many sources and written in a little leatherbound book that travels with me wherever I go. This is my personal 'anthology', there is not another exactly like it anywhere, and I can dip into it whenever I like. May I quote to you just two passages from my collection?

'Every man is the builder of the temple called his body—we are all sculptors and painters and our material is our own flesh

Give Yourself a Day

and blood and bones Any nobleness begins at once to refine a man's features.'

—Henry David Thoreau.

'We do not have enough inwardness, we are not sufficiently preoccupied with our own spiritual life, we lack quietness, and this not only because in our exacting, busy existence it is difficult to obtain, but because, ignoring its importance, we do not take pains to secure it.'

—Albert Schweitzer.

15

Success Stories



I am going to tell you some success stories, beginning with a famous glamorous lady who (because she is also intelligent) has been following my YES AND NO Reducing Plan for most of her life.

PS She has never been an overweighter.

Marlene is Made of Champagne and Yoghurt

Beautiful Marlene Dietrich had the success of her life in London just lately. Everybody raved about her—women as well as men. Tables at the Café de Paris, where she appeared, were at a premium. And, as Noel Coward expressed it, it wasn't 'just that dress'. It was Marlene herself, her good looks, her charm and, above all—her command. It was something to remember—the sight of beautiful Marlene walking down those steps, holding her audience spellbound. One of the newspapers said, 'Marlene is made of champagne and yoghurt.'

I had never heard of this combination before. But, of course, I proudly took credit for the yoghurt, for Marlene herself has told me that she eats wheat germ and yoghurt 'until they come out of her ears'. I am so glad there is a woman like Marlene in the world, to dispense forever with all old fuddy-duddy ideas that after forty a woman must be fat and finished. Of course, she knows how to dress exquisitely, but that is not her secret. *She eats intelligently.* This is her secret, and she learned it long ago!

Barbara

Now let me tell you about one of my favourite students, a young woman named Barbara. Not very long ago, when I was lecturing in Denver, I received a telegram from her. 'Jim wants a divorce. What can I do?' My first feeling was one of compassion. Jim and Barbara are a charming couple, ideally suited to each other. I wanted to prevent their marriage from going on the rocks, if I could, so I wired Barbara, urging her to consult a psychiatrist or a marriage counsellor.

She wrote me a letter in reply, enclosing a picture of herself and her husband. I hardly recognized her, her once fine figure was encased in rolls of flesh, she had two chins, she was only thirty but she looked fifteen years older. Jim was mature, but still strong and straight. The picture told the whole story, the eternal triangle. Jim had two women in his life; the slim woman he had married and the fat woman she had become!

Immediately I wrote her 'Don't do anything until you have lost 30 pounds.' I also asked Jim to hold off any decisions. I told Barbara to reread her lessons on intelligent eating, to go on my balanced reducing programme, rich in proteins, vitamins and minerals, and above all to eat a good breakfast. She did it, and lost those 30 pounds. I have just heard from her, and she has regained her real figure, her natural pep and her husband's love. She did the Turtle Neck exercise and lost that double chin. She tells me joyfully that there is no thought of divorce; Jim is proud of her and she is proud of herself and I am their 'favourite marriage counsellor', though they have consulted a professional counsellor, as I advised.

Frank

So help me, I am a nutritionist, not a marriage counsellor, though I have found (and I believe many marriage counsellors have, too) that overweight of one partner is a sizeable factor in the oversize American divorce rate. Nor am I a psychiatrist, though once I found that, quite unintentionally, I had administered 'shock therapy'.

Frank had been a widower for a year. Before his wife's death he had been an active, attractive man, much loved by his wife and deeply devoted to her. Bereft and lonely without her, he sought solace in food; he became lethargic and grotesquely overweight. When friends tried to interest him in other activities than eating, he said, 'Why? What for?' Finally his friends appealed to me for advice.

'Ask him why, in his wife's memory, he must eat himself into a side-show freak,' I suggested. I did not intend to use the expression. I felt intensely sorry for Frank. But the words slipped out, and they were repeated to him. He was so shocked that he saw himself 'as is' for the first time. And he was fighting mad—not at me or at himself but at the caricature of himself which self-pity, masquerading as grief, had made of him. He came to grips with self-pity and, strengthened by the thought that 'what you love eternally is eternally yours', that a great love never ceases, has regained his real body and his real self and has rediscovered his place in the real world.

'Elmer'

Now I am thinking of a sunny afternoon at the Santa Anita track, where I watched a brilliant racing event with a group of friends which included a wealthy sportsman whose name was not Elmer, but I'll call him Elmer (all his friends did) after the author of the famous *Fat Boy's Book*. It is putting it mildly to say that he deserved the nickname. Elmer had been quite an athlete in school and at college, a good, all-round team man, active in many sports. Now, in tubby middle years, he was taking his exercise on the sidelines with a pair of field glasses. Yet it was apparent how much he missed active sports, that something which once had been an absorbing part of his life no longer was there. He spoke repeatedly of what an athlete he had been, sighing that those days were gone for ever. Perhaps, I thought, this man is overeating to appease an unconscious longing to be 'back on the team'.

I remarked that the Boy Scouts and boys' clubs offered plenty



of opportunity to instruct and coach youngsters in athletic skills. Elmer's face lit up like a sunrise, here was an active incentive to reduce and keep in trim. Some six months later a mutual friend wrote to tell me that Elmer was 'in the pink', and a volunteer instructor at a boys' athletic club!

PS He did not call him Elmer.

William

Outwardly, he maintained a calm, pleasant manner, as befits a man who has advanced steadily in his chosen field for fifteen years. But inwardly William was a worrier. You'll see why when I tell you that he had been a poor boy, one of a large household, where food was kind of scarce. As his income grew and grew, so did William. He held to the outworn notion that 'fat men look successful, prosperous and important'. The poor man was overeating to convince himself that food was plentiful and he was no longer a poor boy.

But one day he overheard two esteemed associates wondering, 'What's eating William? The poor old boy is getting hog-fat.'

Hey! Who were they calling a poor old boy? William took a startled look at himself. He didn't look poor and he didn't look old. But he looked a lot older than he really was, and—he faced the truth with grim self-dislike—he looked hog-fat.

He did some soul-searching to find out what *was* eating him. Then, at a bookshop, he looked for a practical guide to reducing and selected my book, *Look Younger, Live Longer*. Eight months later he turned up at one of my lectures, looking very fit and out of place among the overeaters. He just wanted to tell me his story and thank me for the help my book had given him.

Margaret

I couldn't believe my eyes when identical twin sisters, dressed alike—one fifty pounds overweight and one fifty pounds underweight—came to see me. They came separately, each unbeknown to the other. I was curious. It happens that the fireplace in my

living-room is made of antique mirrors, and for a moment I thought my mirrors were playing me tricks. To add to the confusion, both sisters were named Margaret. The fat one was called Margo, the thin one Madge.

They lived together, I was told, in a small home they inherited. Both were happy in their work, devoted to each other, and for years life had gone on in an orderly, pleasant manner. Then one day, unaccountably, a misunderstanding provoked sharp, angry words and stony silence settled between them. Stubborn pride kept both from making overtures of peace. Margo took refuge in pastries to sweeten her suddenly soured life. Shocked by what happened to her sister, Madge virtually stopped eating altogether.

I am no arbiter of family quarrels, but I did settle this one. Yes, of course, I did it with mirrors. I tricked the sisters into coming to see me at the same time. Sitting side by side before their reflections, they began to see themselves. Then they began to see the joke. The fat and the lean of it. They began to laugh, then they began to talk. They left my house still laughing, arm in arm, intent on Margo's new programme for reducing.

As for me, I still couldn't believe my eyes

16

Now Let's Dream



There are three kinds of nutrition—body, mind and spirit. I would be a poor nutritionist indeed if I set you to eating and thinking in new ways and did not try to set you dreaming. And so, as thoughtful people who have faced and begun to solve the problem of overweight, what shall we dream about?

About good food, of course. About intelligent eating. About freedom from fat. Not just for ourselves for the rest of our long lives, but for all people—for ever.

•

Whole, Natural Food

We know that good food means wholesome, natural food. We know that, even in countries where food is abundant and income levels high, far too much of the food consumed daily is denatured, artificial and over-refined. Let us dream of the day when our golden grains will not be denatured in the milling process, when our sugars and fats will not be so over-refined and overpurified that their food value is almost nil, when overcooking and overpeeling will be crimes of the past. And let us implement our dreams by selecting our own food not only for its low caloric but for its health-giving value. And by cooking it as quickly as possible. And by making use of all the natural, unprocessed foods we can find and *creating a demand for more*. Do you know, for instance, that there is on the market a small stone mill suitable for home kitchens in which you can grind whole grains into fresh,

completely nutritious flour as you need it? And do you know that there are co-operative fruit and vegetable markets springing up which sell only produce brought directly from the farms where it is grown?

Co-operative Markets

Let us hope that the American system of co-operative marketing will be adopted elsewhere. Many had their beginnings in post-1929 depression years, when farmers and their wives pooled time, energy and edibles in an effort to get their crops to the consumer as cheaply and quickly as possible. Starting modestly, these co-operative ventures thrived and grew, the famous Farmers Market in Los Angeles, for example. Its beginning was a small shed; nowadays you can wander for hours without seeing all of it. People come from miles around to shop, to drink fresh fruit and vegetable juices (there are some forty varieties to be had), to lunch at tables in the sun on food of every kind and nationality, and to refresh their eyes at the high-piled, colourful stalls. Such markets should be in every city—and will be if you ask for them.

Organic Markets

I am happy to see that organic markets also are springing up here and there, which sell only fruits and vegetables that are organically grown, without poisonous sprays and fertilizers. I have great hopes for such markets. In fact, I hope to see the day when such fruits and vegetables will be generally obtainable and are tagged, 'Grown in *certified* soil.'

Organic Farming

You, who read *Look Younger, Live Longer* will remember that I recommended organic gardening as a hobby, in a kitchen garden to raise superior fruits and vegetables for your own table. I pointed out that during World War II, in England, thousands of families took this means to supply themselves with fresh fruits

and vegetables and found their health and well-being greatly improved by it. I also recommended half a dozen books on the subject, for help in planning such a garden, and those who tried it tell me they have been richly rewarded for their efforts.

We have not yet reached the point where organic farming is done on a sufficiently large scale to supply our big markets, but it is heartening to read that since World War II there has been increasing scientific investigation into the nutritional value of foods in relation to the soil, and into the possible hazards of many commercial fertilizers and 'wonder' insecticides. Recognition of the fundamental relation of nutrition to agriculture and to soil programmes led to establishment of the Food and Agricultural Organization of the United Nations, to study the problem on a global basis. Studies of the hazardous aspects of insecticides and plant sprays have been, and are being, made by several organizations concerned with better food production. Unfortunately, although there is need for knowledge about the toxicity of such compounds by the medical profession, thorough testing and evaluation of them is an expensive and time-consuming process. Meanwhile the number and variety of such sprays and insecticides increases by leaps and bounds.

For you who are home gardeners, here are some insecticides that are especially to be avoided: DDT, Parathion (diethyl p-nitrophenyl thiophosphate), TEPP (tetraethyl pyrophosphate), HEPT (hexaethyl tetraphosphate), EPN (ethyl p-nitrophenyl thionobenzene phosphonate), OMPA (octomethyl pyrophosphoramidate) and other phosphorus derivatives which are related to the 'nerve poisons' of chemical warfare.

Until the day when scientific research can thoroughly analyse all of the 'wonder' insecticides and eliminate the dangerous ones from use, do please be sure to wash thoroughly all the fruits and vegetables you buy (see page 142)

New Foods

At an international conference on nutrition held recently at Bedford College, England, the world's leading food experts discussed the foods of the future and one of the experts enthusiastically quoted a Frenchman, M. Sorré, who said, 'We humans are a picky lot. There are one quarter million different kinds of vegetables, yet we eat only about fifty. Also, we domesticate and eat only about fifty kinds of animal—and there are two million known species on this bountiful earth!'

Why should we not enjoy at least a few thousands more of the two million kinds of meats, fowl and fish available? And why should we not use all our enhanced knowledge to raise many, many new varieties of fruits, grains and vegetables?

I hope and believe we will do so. Already I can give you news of two wonderful discoveries. In Puerto Rico, Dr. Conrado Asenjo has discovered the richest of all vitamin C fruits. It looks like a cherry and contains 80 times as much vitamin C as citrus fruits. American canners are planning to blend small amounts of this super-rich vitamin C juice with tomato, apple, pear and pineapple juice. The second piece of good news comes from the Cornell University School of Agriculture, where Dr. K. C. Beeson is working on a high-potency vitamin C potato. The soil experts hope to develop potatoes so rich in vitamin C that they will compare favourably with citrus fruits. This should take the much-abused potato out of the doghouse and restore it to its rightful place in nutrition.

Better Restaurants

When you dream of intelligent eating for everyone and then remember how many people do their eating in restaurants, your heart sinks, does it not? You think of typical restaurant fare, you know that wherever you go, whatever the comfort of your surroundings and the size of your bill, the menu usually is the same overgreasy, overcooked, flat-tasting food.

What can we do about all such restaurants? I can tell you

Now Let's Dream

one thing not to do don't blame the chefs Once upon a time I addressed an auditorium full of chefs, in Detroit I wanted to reform them. I had my say and then they had theirs. 'Mister, we know what you mean. But, listen. People come into a restaurant and they're for ever in a hurry. They want what's ready, and so we've got to keep everything ready And what do we do when the nice green vegetables get cold? We run hot water over them.'

I believe that in my own country a golden opportunity is open for the man of vision who will start a chain of good, medium-price restaurants where healthful low-caloric food is the speciality—lean roasted and broiled meats, garden-fresh vegetable and fruit salads, short-cooked vegetables prepared to order, whole-grain breads and pastry shells Don't tell me this would not be a paying venture, it would be, especially if the produce came fresh from nearby farms. Thousands of my students all over the country would welcome such an enterprise, and its owner, besides making a fortune, would have the satisfaction of nourishing a group of people who are starving for good food—the American motorists If you have crossed our big, beautiful country by car, as I have many times, you well know what I mean. With a few exceptions, our roadside eating places are a national disgrace

While we are about it, let's hope for more open-air restaurants—pavement cafés, roof gardens, leisurely eating places in gardens and parks Let's have teahouses like those in China, coffee cafés like one I know of in New York, where coffee from all over the world is served In short, let's not only dream but work toward that happy day when we may all re-discover the joys of sitting together around tables and relaxing, sipping harmless, fragrant, low-caloric beverages and not being 'for ever in a hurry'.

Vacation Farms

Another golden opportunity, I believe, awaits those who will establish guest farms for the growing numbers of people who, for their two to four free weeks a year, would like, instead of

eating, drinking and partying more than usual, to give their harried digestive systems, as well as their harried minds, a real rest. Here the régime would be styled after today's fashionable and expensive 'health farms'—emphasis on lean eating. Plenty of fresh fruit and vegetable juices, lots of good protein, only wholesome carbohydrate. All the food, eggs, poultry, meat, would come right from the farm itself. No chi-chi; no planned entertainment, no enforced sociability, loose, comfortable clothes. No strenuous exercise. Swimming, walking, sunbathing, unambitious fishing, reading, doing nothing. The guests might try their hand at a bit of farming, if they wished, to learn how things grow. It would be certified soil, rich and healthy and free from poisonous chemicals. Such a vacation would be a restoration of body, mind and soul—a real re-creation. It would be a step in the direction of our third dream objective—freedom from fat for *everyone*.

Doctors Specializing in Overweight?

“ To further advance this third objective, let's enlist the medical profession. The modern physician is well aware of the health hazard of ten or more pounds of excess weight; he knows the value of weight reduction as preventive medicine. Yet because many doctors still treat reducing in an offhand manner (as though it were a part of the beauty business) the field of weight reduction remains a fertile breeding ground for quackery.

“ Sound nutritional advice on how to reduce is widely available: abundant proteins, vegetables, vitamin and mineral supplements. Many overweight people can accept this advice and follow it on their own. But many others, especially those who are plagued by well-meaning family and friends, need a good strong hand to uphold them in their reducing programme, to cheer and encourage them and boost their morale. The logical person to do this is the family doctor. (PS. He should be a man who samples his own diets and has licked his own weight problem.) And how about clinics where basal metabolism tests can be taken

regularly. They are important in preventive medicine, just as blood-pressure check-ups are, and chest X-rays

Cornell Obesity Clinic

I cannot say enough in praise of the pioneer work that has been done in the field of overweight (as in the field of nutrition in general) by Cornell University, in Ithaca, New York. Since 1951, the Cornell School of Nutrition has conducted an obesity clinic to help doctors help their patients to lose weight. Doctors in the community refer their overweight patients to the clinic, which is free, provided the patients attend weekly, co-operate and take the tests. The Cornell reducing plan provides enough good food for health, emotional support, and, when it is needed, psychotherapy. During the past three years thousands of overweight people have taken advantage of this opportunity to take tests and receive help. One patient, who lost forty pounds one year, returned next year bringing her sister, also overweight, 'because the Cornell doctors did not make me feel ashamed of being fat'.

The good effects of a clinic of this kind are inestimable and will reach far into the future. Let us hope that soon there will be more of them, everywhere.

Don't Raise Your Child to Be an Overweighter

We have physicians', psychologists' and psychiatrists' word for it that most overeating habits are acquired in childhood. This being the case, can we overlook our responsibility to see to it that our children are wisely nourished and that their hungerstats and habitstats are properly set for life?

Dr. Hilde Bruch, child psychiatrist and pediatrician, whom I admire and respect, has made an extensive study of the causes of childhood and adolescent obesity, and here are some of her findings: too much emphasis on eating, coaxing, forcing and urging food on the child, using desserts and candy as rewards for good behaviour, too much talk about foods and delicacies,

which gives the child the impression that eating is the main purpose in life. Her investigations into the emotional significance of eating, among overweight children, revealed that food held for them an exaggerated value; it represented love, security and emotional satisfaction. For the overprotected child, a surfeit of foods went hand in hand with a surfeit of 'smother love'. For the nagged-at child, food was a comforting compensation for Mom's anxiety-breeding attitude.

Dr Leonid Kotkin, who has specialized in the problems of overweight, concurs in this indictment of 'Momism'. He found that mothers of obese children often displayed a strange mixture of love and hate toward their children; while keeping the child helplessly dependent on Mom, they have at the same time openly criticised the child for its lack of independence. Small wonder such a child takes refuge in the comfort of food.

Nowadays we understand that the child needs mental and spiritual nourishment as well as food for the physical body to grow on. He needs home-help and encouragement in self-help to achieve the self-reliance so necessary to maturity. He needs sensible and sympathetic guidance in good, basic eating habits that will last a lifetime. But above all he needs a good example to follow. Whose example? Mother's and Father's—of course!

In Chapter IV we upset the worn-out cliché: 'My fat is hereditary. nothing can be done about it.' Research has shown that fat is not hereditary. What *is* hereditary is a tendency to eat rich foods. You love your children, you have dreams for them. Well, if your children love you, they will go through life with a special relish for the foods that Mother used to make and Father used to praise. Consciously or unconsciously, they will relish these foods because they remind them of home.

What do you want your children to remember when they think of home? Sky-high 'foodless' frosted angel food? Rich gravy and greasy fried potatoes? Or lean broiled meats, big salad bowls, wholesome bread, fruit compotes? It's up to you!

When I first started my work in Hollywood about twenty-five years ago, I interviewed America's favourite child star, curly-headed Shirley Temple, for my syndicated newspaper

column I was certain that her wise mother knew about modern nutrition, and sure enough, Shirley told me that she loved orange juice, cottage cheese and liver, and drank lots of certified milk. She did not like spinach, and was glad when I told her she did not have to eat it if she liked other vegetables better.

During the interview, friends dropped in. Someone brought a huge box of chocolates (Shirley's specially built bungalow at the Fox Studios was filled with gifts). The box was opened and passed around. We adults all took a piece and I, for one, blushed for shame when the child in our midst said, 'No thanks, I don't care for it.'

Shirley has long since grown up, and she has never lost her slender, beautiful figure. Nowadays she has two lovely youngsters, and I am certain that she is training their hungerstats and habitstats carefully, making sure that they inherit the same tendency to prefer lean, nourishing foods that her own mother handed down to her.

17

The Happy State



When I urged you to re-set your happystat and enter what I like to think of as 'the happy state', I promised that I would talk more about this later. Now that time has come. But I have done enough talking. Instead, let me tune you in on the dialogue that is in progress right now between my inner self and me.

SELF So—you're winding up for the wind-up, are you? How are you going to finish the book?

ME By once again inviting my readers to come live with me and join the happy people of this crazy, confused, beautiful world

SELF Who are these happy people?

ME They are the free people—the people who are no longer at the mercy of a demanding appetite or immature, demanding emotional habit patterns. They are real grown-ups, the true sovereigns—rulers of themselves

SELF And what's the happy state?

ME It is the state of enjoying new freedoms. Remember? Freedom from bodily, mental and spiritual fat. Freedom of food. And a third, the adult prerogative of freedom of choice.

SELF Sure, I know. Sometimes YES. Sometimes NO. Sometimes YES-and-NO. I like that Schweitzer philosophy. It sounds good. How about summing up exactly what it means?

The Happy State

ME. Well—the happy state, as I see it, is a relaxed self-permissive state. Self-governing, but without stern self-prohibiting on one hand or capricious self-indulgence on the other. No self-policing; just self-understanding. No exaggerated sense of guilt and no exaggerated sense of virtue. And here's the best part: it is never a solemn state. No smug self-satisfaction or blustering self-importance. No preaching . .

SELF: 'The way of understanding', Robert Frost says, 'is partly mirth.'

ME: Exactly. Lady Mendl said it also. 'I have lived, loved—and laughed.'

SELF: The happy state, eh? Happiness . . listen, Mister, you'd better urge your readers once again to think this invitation over. They might accept and then wish they hadn't. Not everybody wants happiness, you know. They think they do. They swear it's what they're really after. But this mature, YES-and-NO happiness that you suggest is an active, outgoing state. The happier you are, the busier you become. Some people find it more comfortable to be unhappy. More restful.

ME: Yes, I know. You're right. I should warn my readers against accepting my invitation, *unless they are willing to be happy*. I'll do it. But how shall I explain my warning? Help me to put our thought into words.

SELF: Well, the philosophers tell us that to be willing to be happy means three things. To be willing to grow. To be willing to be useful. To be willing to love.

ME: Good. That says it exactly. Three kinds of willingness.

SELF: Actually, the second and third willingness are contained in the first. For we are not growing unless we are useful and—well, I once heard a wise friend of yours express it this way: 'To be useful we must feel within ourselves the love that makes us know our own worth and makes the needs of others important and dear to us.'

ME: All right. The main thing, then, is to be willing to grow. What does that mean? How does one grow? How does one get the courage, the assurance, to keep on growing? All I

The Happy State

can think of is the favourite text of another of my friends, Dr Norman Vincent Peale. 'If ye have faith even as a grain of mustard seed, nothing shall be impossible to you'

SELF Well, what about that grain of mustard seed? What kind of faith would it have? And in what? If you plant it in the ground, under many times its own size and weight of earth, shutting out light and air, then what? It puts down roots and gets a good toe-hold, then pushes up a stalk (moving comparative-sized mountains of earth to do so) until it reaches the light and air; then keeps on growing, putting forth new branches, new growth, until it 'becometh a tree, so that the birds of the air come and lodge in the branches thereof'.

ME. I wonder . . . how does it get *its* courage, *its* assurance?

SELF Why, it goes ahead and grows, precisely because it is willing to grow—and because it does not doubt its inherent ability to do so.

ME . . . And if so infinitely small a seed has that kind of faith in its ability to grow and that kind of willingness to do so—
' what about me?

SELF Put that question to your readers

ME All right That's how I'll end the book. I'll say to my readers

What about YOU?

You can have what you want.

Do you want to be happy?

Springtime, 1955

Hollywood, California, U S A.

*Yes and No Guide
To
Intelligent Eating*

YES AND NO GUIDE TO INTELLIGENT EATING

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Your Blueprint for Lifetime Slimness



To help re-train your appetite, so that you no longer will need me or anyone else to guide you in your selection of food, I have worked out a special series of menus that I call Ten Days of Intelligent Eating. You will find these menus in the following pages, and if you use them as a guide, I promise that you will find them tempting, satisfying and delicious

For those of you who are used to counting calories and percentages, I have added one week of my diets for so-called 'regimented eating'

In this section you will also find a selection of my favourite recipes of long standing, together with new flavoursome dishes which I have planned especially for you. Also, new and interesting food facts and (for your information) food lists, calorie charts, weight tables and special diets

You need never look at any of this unless you want to You are your own boss You have learned the basic principles of YES and NO eating, which is *intelligent* eating You can eat what you want, as often as you want—for the rest of your long, relaxed, unregimented life

NO, you need never turn this page unless you want to.

YES, of course I hope you will I've worked hard over these new menus and recipes

Now you have learned the overall pattern of YES and NO reducing. A good breakfast is an absolute necessity A salad luncheon will keep your energy high and your inner man contented

all afternoon. And when the day's work is done you relax and look forward to a leisurely dinner. Remember that the tendency is toward lean dinners. It is unwise to stoke up the body with energy foods at the end of the day, also lean dinners help us enjoy our good breakfast more. Do not underestimate the between-meal snacks. Keeping up the blood sugar level; irritability insurance—remember? You will enjoy the hot good-night cups, which will help you sleep deeply and soundly. And while you sleep the miracle of health-building and slimming goes on. As Dr. Alexis Carrel used to say, 'The body does it all in silence.'

Here is your blueprint.

WHATEVER YOU DO— HAVE A GOOD BALANCED BREAKFAST

FIRST, SOMETHING FRESH. Fruit or fruit juice.

SECOND, A GOOD PROTEIN. Preferably one egg, any way but fried, or half cup whole-grain cereal.¹

THIRD, SOME CARBOHYDRATE: One slice whole-grain or high-protein bread

FOURTH, A LITTLE FAT. Butter or margarine—on toast—not more than half teaspoon, P. and T.²

FOR FUN AND MORE PROTEIN. Hot beverage, preferably Swiss coffee—fresh coffee and hot milk, half and half

Physically active men should double the amount of protein for breakfast.

MID-MORNING BRACER TO KEEP ENERGY HIGH

Preferably a lean milk drink—yoghurt or peacocktail.

¹ If you do not like eggs, any of these can take the place of 1 egg $\frac{1}{2}$ cup cottage cheese, 1 cup yoghurt or lean milk, slice of liver, lean lamb chop, 3 slices very lean bacon, lamb kidney.

² Put it on and Take it off

LUNCHEON TIME IS SALAD TIME

FIRST, SOMETHING FRESH Any and all salad vegetables

SECOND, A GOOD PROTEIN Preferably $\frac{1}{2}$ cup of cottage cheese or shredded meat ¹

THIRD, SOME CARBOHYDRATE One slice of whole-grain bread or scone.

FOURTH, A LITTLE FAT Half a teaspoon of butter for your bread, P. and T.

FOR FUN AND STIMULATION Hot beverage, clear or with lean milk.

MID-AFTERNOON LIFT TO PREVENT LETDOWN
AND OVEREATING Fresh fruit, fruit or vegetable juice or glass of milk.

DINNER TIME IS RELAXING TIME

FIRST, SOMETHING FRESH Fruit cup—salad or hot broth

SECOND, A GOOD PROTEIN. Preferably lean meat—liver or fish.

THIRD, SOME CARBOHYDRATE One or two short-cooked vegetables—potato occasionally.

FOURTH, A LITTLE FAT Butter, margarine or salad oil—*Be A Miser.*

FOR DESSERT: Fresh fruit or honey compote.

FOR FUN AND RELAXATION A small cup (demitasse) of fragrant coffee.

GOOD-NIGHT CUP Before retiring check up on your protein intake (not less than 60 grams for women and 75–80 grams for men) Take your choice of cup of instant high-protein broth, fortified tomato juice, hot milk drink or sweet herb tea.

¹ Or your choice of $\frac{1}{2}$ cup of the following cut-up proteins makes a balanced salad-bowl luncheon salmon, shrimp, chicken, cheese, lobster, lean ham or left-over meat

Yes and No Guide to Intelligent Eating

AND SO THAT THERE IS NO POSSIBLE chance of missing any of the important vitamins and minerals, take your vitamin and mineral concentrate, prescribed by your doctor, with your good-night cup.

Now for the menus I have made especially for you. But before you turn to them, just for fun, how would you like to make out Your Own Personalized Menu? Fill in the following pages. Take your time, stopping to think which foods you really like best.

YOUR PERSONALIZED MENU

BREAKFAST

FIRST, SOMETHING FRESH

My favourite fresh fruits are _____

SECOND, A GOOD PROTEIN

I like especially _____

THIRD, SOME CARBOHYDRATE

The bread and cereals I prefer are _____

FOURTH, A LITTLE FAT

I enjoy best of all a bit of _____

FOR FUN, A BEVERAGE

My favourite beverage is _____

Yes and No Guide to Intelligent Eating

MID-MORNING BRACER.

I prefer _____

LUNCHEON

FIRST, SOMETHING FRESH

I like _____

SECOND, A GOOD PROTEIN

With my luncheon salad bowl I like especially _____

THIRD, SOME CARBOHYDRATE (starch)

I like especially _____

FOURTH, A LITTLE FAT.

On my salad I like _____

FOR FUN, A LEAN BEVERAGE

I prefer _____

MID-AFTERNOON LIFT:

My favourite is _____

DINNER

FIRST, SOMETHING FRESH

I like especially _____

Yes and No Guide to Intelligent Eating

SECOND, A GOOD PROTEIN

My choice is _____

THIRD, SOME CARBOHYDRATE

My favourite vegetables are _____

FOURTH, A LITTLE FAT

On my favourite vegetables I prefer a bit of _____

FOR DESSERT

I like these fruits best _____

FOR FUN, RELAXATION

My favourite after-dinner beverage is _____

BEFORE RETIRING

This is my favourite good-night cup _____

TEN DAYS OF INTELLIGENT EATING

Look at the menus on the following pages. Many of them are my favourites, and have become popular among my friends and students all over the world. I hope you will like them and find them a useful guide while you are re-training your appetite for wholesome, natural foods. After ten days you should be well on your road toward forming the habit of eating for vitality and slimness, and your overweight problem will be solved for life.

Yes and No Guide to Intelligent Eating

• MONDAY, OR ANY OTHER DAY

BREAKFAST.

Half grapefruit
Scrambled egg and parsley
High protein bread, buttered, P. and T.
Clear coffee or preferably Swiss coffee
MEN: Add another egg plus another slice of toast

MID-MORNING BRACER.

To keep energy high, choose any one. yoghurt—lean milk—
milk shake—buttermilk or pepcocktail

LUNCH:

Salad bowl
Mix half cup of shrimps with lettuce, celery and green
pepper—light dressing
Whole-wheat scone, buttered, P. and T.
Coffee, tea or lean milk

MID-AFTERNOON LIFT TO PREVENT LETDOWN AND OVEREATING.

Your choice fresh fruit or 4-ounce glass of fruit juice—fortified
tomato juice—carrot sticks or another glass of lean milk

DINNER

Sliced tomato salad
Tenderized minute steak or lamb steak
Short-cooked beet greens
Short-cooked cauliflower
Orange slices
Demitasse
MEN Take a larger helping of steak

Yes and No Guide to Intelligent Eating

GOOD-NIGHT CUP.

Before retiring, relax and enjoy one of these delicious hot drinks cup of instant-protein broth—hot fortified tomato juice—hot liquorice milk or peppermint tea with honey. Or if you like something cold—yoghurt

TUESDAY, OR ANY OTHER DAY

BREAKFAST:

Half grapefruit

Half cup of whole-grain cereal, sprinkled with honey and wheat germ, plus half cup of milk

Clear coffee or preferably Swiss coffee

MEN. Add two slices of lean crisp bacon plus slice of toast, P. and T.

MID-MORNING BRACER

To keep energy high, choose any one. yoghurt—lean milk—milk shake—buttermilk or pepcocktail

LUNCH

Salad bowl

Two hard-cooked, chopped eggs mixed with tender lettuce, cucumber, and celery—light dressing

High-protein bread, lightly buttered, P. and T.

MID-AFTERNOON LIFT TO PREVENT LETDOWN AND OVEREATING

Your choice fresh fruit or 4-ounce glass of fruit juice—fortified tomato juice—carrot sticks or another glass of lean milk

DINNER:

Finger salad

Tenderized lean hamburger or meat loaf^c

Short-cooked broccoli

Yes and No Guide to Intelligent Eating

Stewed tomatoes with herbs

Fruit compote

Demitasse

MEN. Take larger portion of hamburger

GOOD-NIGHT CUP

Before retiring, relax and enjoy one of these delicious hot drinks: cup of instant-protein broth—hot fortified tomato juice—hot vanilla milk or hot peppermint tea with honey. Or if you like something cold—yoghurt

WEDNESDAY, OR ANY OTHER DAY

BREAKFAST.

Sliced orange

Scrambled egg and mushrooms

Rye-bread toast, buttered, P. and T

Clear coffee or preferably Swiss coffee

MEN. Add another egg plus another slice of toast

MID-MORNING BRACER

To keep energy high, choose any one: yoghurt—lean milk—milk shake—buttermilk or peacocktail

LUNCH.

Large salad

Tomato stuffed with cottage cheese and chives—light dressing

Crisp rye bread, buttered, P. and T.

Coffee, tea or lean milk

MID-AFTERNOON LIFT TO PREVENT LETDOWN AND OVEREATING

Your choice fresh fruit or 4-ounce glass of fruit juice—fortified tomato juice—celery sticks or another glass of lean milk

Yes and No Guide to Intelligent Eating

DINNER:

Clear consommé, with thinly sliced cucumbers

Chinese pepper steak

Half cup of fluffy brown rice

Fresh fruit cup

Demitasse

MEN. Take larger helping of pepper steak

GOOD-NIGHT CUP:

Before retiring, relax and enjoy one of these delicious hot drinks cup of instant-protein broth—hot fortified tomato juice—hot nutmeg or peppermint tea with honey

THURSDAY, OR ANY OTHER DAY

BREAKFAST:

Fortified tomato juice

Soft-cooked egg with whole-wheat or high-protein toast, buttered, P. and T.

Clear coffee or preferably Swiss coffee

MEN: Add another egg plus another slice of toast

MID-MORNING BRACER

To keep energy high, choose any one yoghurt—lean milk—milk shake—buttermilk or peacocktail

LUNCHEON.

Large apple, celery and lettuce salad with handful of chopped walnuts—light dressing

Whole-wheat scone, buttered, P. and T.

Coffee, tea or lean milk

MID-AFTERNOON LIFT TO PREVENT LETDOWN AND OVEREATING

Your choice fresh fruit or 4-ounce glass of fruit juice—fortified tomato juice—carrot juice or another glass of lean milk

Yes and No Guide to Intelligent Eating

DINNER.

Mixed green salad
Broiled chicken breast
Short-cooked spinach and onions
Short-cooked green beans
Grapefruit sections and pineapple
Demitasse
MEN: Take larger helping of chicken

GOOD-NIGHT CUP:

Before retiring, relax and enjoy one of these delicious hot drinks. cup of instant-protein broth—hot fortified tomato juice—hot cinnamon milk or hot herb tea with honey. Or if you like something cold—yoghurt

FRIDAY, OR ANY OTHER DAY

BREAKFAST:

Melon
Whole-grain cereal with brown sugar, sprinkled with wheat germ and half cup milk
Clear or preferably Swiss coffee
MEN. Add a poached egg plus a slice of buttered toast, P. and T.

MID-MORNING BRACER.

To keep energy high, choose any one. yoghurt—lean milk—milk shake—buttermilk or pepcocktail

LUNCH.

Chef's salad bowl
Mix two hard-cooked eggs with your favourite greens—marinate with light dressing
High-protein bread toast, buttered, P and T.
Coffee, tea or lean milk

Yes and No Guide to Intelligent Eating

MID-AFTERNOON LIFT TO PREVENT LETDOWN AND OVEREATING.

Your choice fresh fruit or 4-ounce glass of fruit juice—fortified tomato juice—carrot and apple juice or another glass of lean milk

DINNER.

Shredded cabbage and pineapple salad, cream dressing

Broiled halibut ('broiling' is 'grilling')

Broiled eggplant

Stewed tomatoes

Broiled grapefruit, sprinkled with honey and sherry

Demitasse

MEN Take larger portion of halibut

GOOD-NIGHT CUP:

Before retiring, relax and enjoy one of these delicious hot drinks cup of instant-protein broth—hot fortified tomato juice—hot molasses milk or peppermint tea

SATURDAY, OR ANY OTHER DAY

BREAKFAST.

Orange slices sprinkled with pineapple juice

Two slices of whole-wheat toast with half cup cinnamon milk and sprinkled with brown sugar

Clear coffee or preferably Swiss coffee

MEN. Add a slice of boiled, lean ham or boiled egg

MID-MORNING BRACER

To keep energy high, choose any one yoghurt—lean milk—milk shake—buttermilk or pepcocktail

LUNCH

Lettuce, celery and tomato salad

Two poached eggs in tarragon jelly

Yes and No Guide to Intelligent Eating

Rye-bread toast, buttered, P. and T.
Coffee, tea or lean milk

MID-AFTERNOON LIFT TO PREVENT LETDOWN AND OVEREATING:

Your choice fresh fruit or 4-ounce glass of fruit juice—fortified tomato juice—mixed vegetable juice or another glass of lean milk

DINNER:

Cucumber salad, light dressing
Lean, tenderized roast beef
Brussels sprouts
Short-cooked carrots
Open-face fruit pie
Demitasse
MEN. Take larger helping of beef

GOOD-NIGHT CUP.

Before retiring, relax and enjoy one of these delicious hot drinks cup of instant-protein broth—hot fortified tomato juice—hot milk with liquorice or rose-hip tea with honey.
Or if you like something cold—yoghurt

SUNDAY MENU

BREAKFAST:

Melon, sprinkled with lemon
Poached egg on asparagus
Whole-wheat toast, buttered, P. and T.
Clear coffee or preferably Swiss coffee
MEN: Another egg plus another piece of toast

MID-MORNING BRACER:

To keep energy high, choose any one yoghurt—lean milk—milk shake—buttermilk or pepcocktail

MID-AFTERNOON LIFT TO PREVENT LETDOWN AND OVEREATING:

Your choice fresh fruit or 4-ounce glass of fruit juice—fortified tomato juice—carrot and apple juice or another glass of lean milk

DINNER:

Shredded cabbage and pineapple salad, cream dressing

Broiled halibut ('broiling' is 'grilling')

Broiled eggplant

Stewed tomatoes

Broiled grapefruit, sprinkled with honey and sherry

Demitasse

MEN Take larger portion of halibut

GOOD-NIGHT CUP.

Before retiring, relax and enjoy one of these delicious hot drinks cup of instant-protein broth—hot fortified tomato juice—hot molasses milk or peppermint tea

SATURDAY, OR ANY OTHER DAY

BREAKFAST:

Orange slices sprinkled with pineapple juice

Two slices of whole-wheat toast with half cup cinnamon milk and sprinkled with brown sugar

Clear coffee or preferably Swiss coffee

MEN Add a slice of boiled, lean ham or boiled egg

MID-MORNING BRACER

To keep energy high, choose any one yoghurt—lean milk—milk shake—buttermilk or pepcocktail

LUNCH.

Lettuce, celery and tomato salad

Two poached eggs in tarragon jelly

Yes and No Guide to Intelligent Eating

Rye-bread toast, buttered, P. and T.
Coffee, tea or lean milk

MID-AFTERNOON LIFT TO PREVENT LETDOWN AND OVEREATING:

Your choice fresh fruit or 4-ounce glass of fruit juice—fortified tomato juice—mixed vegetable juice or another glass of lean milk

DINNER:

Cucumber salad, light dressing
Lean, tenderized roast beef
Brussels sprouts
Short-cooked carrots
Open-face fruit pie
Demitasse
MEN Take larger helping of beef

GOOD-NIGHT CUP

Before retiring, relax and enjoy one of these delicious hot drinks. cup of instant-protein broth—hot fortified tomato juice—hot milk with liquorice or rose-hip tea with honey.
Or if you like something cold—yoghurt

SUNDAY MENU

BREAKFAST

Melon, sprinkled with lemon
Poached egg on asparagus
Whole-wheat toast, buttered, P. and T.
Clear coffee or preferably Swiss coffee
MEN: Another egg plus another piece of toast

MID-MORNING BRACER:

To keep energy high, choose any one yoghurt—lean milk—milk shake—buttermilk or pepcocktail

Yes and No Guide to Intelligent Eating

LUNCH:

Salad bowl

Mix half a cup of fresh tongue and lean ham with green lettuce, celery, cress and marinate with light dressing

High-protein toast, buttered, P. and T.

Coffee, tea or lean milk

MID-AFTERNOON LIFT TO PREVENT LETDOWN AND OVEREATING

Your choice fresh fruit or 4-ounce glass of fruit juice—fortified tomato juice—celery and apple juice or another glass of lean milk

DINNER:

Clear consommé, sprinkled with parsley or chives

Roast chicken white meat

Short-cooked carrot

Short-cooked spinach

Crisp baked potato

Fresh pineapple

Demitasse

MEN. Take larger portion of chicken

GOOD-NIGHT CUP:

Before retiring, relax and enjoy one of these delicious hot drinks: cup of instant-protein broth—hot fortified tomato juice—hot vanilla milk or hot tisane with honey. Or if you like something cold—yoghurt

MONDAY, OR ANY OTHER DAY

BREAKFAST:

Orange sections

Scrambled egg with onion

Yes and No Guide to Intelligent Eating

Rye-bread toast, buttered, P. and T.

Clear coffee or preferably Swiss coffee

MEN: Add extra egg and another slice of toast

MID-MORNING BRACER:

To keep energy high, choose any one: yoghurt—lean milk—
milk shake—buttermilk or pepcocktail

LUNCH:

Salad bowl

Place half cup fresh cottage cheese on bed of mixed greens
—sprinkle with lemon juice and chives

Bran scone, buttered, P. and T.

Coffee, tea or lean milk

MID-AFTERNOON LIFT TO PREVENT LETDOWN AND OVEREATING.

Your choice fresh fruit or 4-ounce glass of fruit juice—fortified
tomato juice—mixed vegetable juice or another glass of
lean milk

DINNER:

Hot or cold bortsch

Chicken or lamb liver on skewers with mushrooms, green
pepper

Half cup fluffy brown rice

Fresh fruit cup

Demitasse

MEN. Take larger portion of meat

GOOD-NIGHT CUP.

Before retiring, relax and enjoy one of these delicious hot
drinks cup of instant-protein broth—hot fortified tomato
juice—hot milk flavoured with lemon peel or hot strawberry
tea with honey

Yes and No Guide to Intelligent Eating

TUESDAY, OR ANY OTHER DAY

BREAKFAST.

Berries, in season

Soft-cooked egg

Wheat-germ scone, buttered, P. and T.

Clear coffee or preferably Swiss coffee

MEN: Add another egg and wheat-germ scone

MID-MORNING BRACER

To keep energy high, choose any one: yoghurt—lean milk—

Milk shake—buttermilk or peppercorn

LUNCH.

Salad

Stuffed large tomato with half a cup of chopped lobster, some
chopped celery and marinate with light dressing

High-protein toast, buttered, P. and T.

Coffee, tea or lean milk

MID-AFTERNOON LIFT TO PREVENT LETDOWN AND OVEREATING

Your choice fresh fruit or 4-ounce glass of fruit juice—fortified
tomato juice—carrot sticks or another glass of lean milk

DINNER.

Fresh fruit cup

Broiled mushrooms stuffed with chopped lean meat

Short-cooked green beans

Short-cooked cauliflower

Fruit compote à la Lady Mendl

Demitasse

MEN. Add an extra portion of stuffed mushrooms

GOOD-NIGHT CUP.

Before retiring, relax and enjoy one of these delicious hot
drinks cup of instant-protein broth—hot fortified tomato

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juice—hot milk flavoured with orange peel or hot peppermint tea with honey

WEDNESDAY, OR ANY OTHER DAY

BREAKFAST.

Fresh or frozen grapefruit juice
Scrambled egg and tomatoes
High-protein bread toasted and buttered, P and T.
Clear coffee or preferably Swiss coffee
MEN: Add an egg plus another slice of toast

MID-MORNING BRACER:

To keep energy high, choose any one. yoghurt—lean milk—milk shake—buttermilk or pepcocktail

LUNCH.

Salad

Place half cup of fresh cottage cheese on two large halves of fresh or canned pears or other canned fruit, sprinkle with fruit juice

Maize or bran scone, buttered, P and T.

Coffee, tea or lean milk

MID-AFTERNOON LIFT TO PREVENT LETDOWN AND OVEREATING:

Your choice fresh fruit or 4-ounce glass of fruit juice—fortified tomato juice—celery juice or another glass of lean milk

DINNER.

Chicken broth with chives

Chinese chicken with cucumber

Half cup fluffy brown rice

Fresh fruit cup

Demitasse

MEN Add another helping of chicken

Yes and No Guide to Intelligent Eating

I cannot urge overweighers too often to make fortified lean skim milk a favourite standby, and here is an additional reason why scientists have discovered that adults often lack the enzymes to digest the sugar in milk (lactose) and for that reason milk products fail to produce their full quota of calories. Do you see what that means? If you absorb only half the lactose from a glass of lean milk, yoghurt or milk shake, you get only about 55 instead of 110 calories. And do you see why we can be so generous with milk drinks in our YES and NO plan? It is because they give you a maximum of good protein with a minimum of calories.

ENJOY ALL THESE TO YOUR HEART'S CONTENT

Soups

Bouillon
Clear lean soups
Jellied clear soups
Tomato bouillon
Hauser broth

Pickled onions
Green tomato pickles
Bread-and-butter pickles
Soured cucumbers
Piccalilli relish
Cranberry relish

Lean Drinks

Clear coffee
Café espresso
English tea
Chinese tea
Maté tea
Peppermint tea
Leaf tisanes
Mineral water
Sparkling water
Licorice fizz

Relishes

Old-fashioned dill pickles

Seasonings, Flavours and Herbs

Vegetable salt
Vegetable thickener
Sugar substitute derived from
Jerusalem artichokes
Rose paprika
Soya sauce
Chives
Dill
Horseradish
Onion
Garlic
Salad herbs
Vinegar with herbs

Yes and No Guide to Intelligent Eating

The above foods can help to make your meals much more tasty and attractive. Try them all—they are non-fattening when used in customary amounts.

YOUR BEST FRIENDS, THE LEAN GREEN VEGETABLES

Enjoy All You Want—Raw or Short-Cooked

Asparagus	Escarole
Beans, green	Lettuce, dark leaves
Beet tops	Parsley
Broccoli	Peppers, green and red
Cabbage	Pickles, dill and sour
Cauliflower	Sauerkraut
Celery	Spinach
Cucumber, unpeeled	Turnip tops
Dandelion greens	Watercress

The average portion of half a cup contains only about 12 food calories.

Beets	Leeks
Brussels sprouts	Tomatoes
Carrots	Turnips
Eggplant	

The average portion of these vegetables contains only about 25 food calories.

THE MAGIC 'SUNCOOKED' FRUITS

Enjoy Them—Fresh or In Honey Compote

Cantaloup melon	Strawberries
Casaba melon	Gooseberries
Cranberries	Honeydew melon
Currants	Lemons and limes

Yes and No Guide to Intelligent Eating

These are the 'leanest' of all fruit Half a cup contains only about 25 food calories.

And here are some more fruits to make life lean and pleasant:

Apple juice, fresh	Nectarines
Applesauce	Oranges
Apricots, fresh	Papayas
Blackberries	Peaches
Bilberries	Pears
Cherries	Pineapple
Grapefruit, half	Raspberries
Grapes	Tangerines

Half a cup of any of the above fruits contains only about 50 food calories

RECIPES

MY FAVOURITE SALADS AND LEAN SALAD DRESSINGS

Since salads of all kinds play such an important part in our slimming régime, let's start with them and learn how to prepare them lean. Salads prevent overeating when eaten at the beginning of the meal, they are rich sources of necessary vitamins, minerals and chlorophyll, they are filling and provide the inner man with bulk, but more than all that, salads are utterly delicious when prepared intelligently.

Finger Salads

These have become so popular with reducers that you can find beautiful ceramic dishes in the form of leaves, especially designed for serving these delicious lean appetizers. In the Farmer's Market in Hollywood, Farmer Kidson has cashed in on this idea and has raised 'baby' vegetables—young and tender small carrots, radishes, onions and celery, these are scrubbed and served whole. But in markets the world over there are many fresh tender vegetables which can be served '*au naturel*', such as

Red ripe peppers cut lengthwise in half-inch slices
Green sweet peppers, also sliced
Golden carrot sticks
Tender sprigs of very young cauliflower (great favourite)
Long white radishes cut in halves
Slices of succulent Italian finocchio (anise)
Unpeeled thin wedges of cool cucumbers
Thin slices of red and green kohlrabi
Small whole red and yellow tomatoes

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When these tender vegetables are served chilled—one, two, three or as many as the market or your pocketbook can afford—they are unbelievably delicious just as they are. All you need is a shaker of vegetable salt, and watch the vegetables disappear. On special occasions or at cocktail parties, you can put a small bowl of my lean cheese dressing in the centre of the vegetable tray, and let your guests 'dunk' the fresh vegetables.

This simple change alone, from heavy salad dressings to finger salads without dressings, has helped many of my students to reduce to their ideal weight. I cannot recommend these salads highly enough. They are our best appetite-trainers. You can eat all you want, and sooner than you think these lean salads will help you to remain lean for the rest of your life.

Best Basic French Salad

People who have dined in Paris at the Tour d'Argent or any fine restaurant always rave about the salads served. In the U.S.A. there may be the greatest variety of salads in the whole wide world, but the French, and to some extent the Italians, have one important salad secret. Never do you find any watery dressing on your plate after the salad is eaten (it would be a disgrace). And men who do not eat their wives' salads at home smack their lips over these French salads. They taste crisp, tender, even nutlike, and here is the reason why: a good chef always pours his oil over the salad greens. Then the ceremony starts: with loving care, the broken-up leaves (never cut) are tossed and tossed and tossed, preferably with a wooden, garlic-soaked salad spoon and fork. The salad is tossed for several minutes until the green leaves are oil-covered and shiny and look like green gold.

The whole idea is that when you put water or vinegar or lemon juice on the greens *first*, they wilt and become limp. Only after the oil is on the greens are the other ingredients added, your cider vinegar or lemon juice, your vegetable salt, herbs and spices.

I would be committing a crime against the French chefs if I did not tell you that after you have washed the salad greens thoroughly under running water, the greens must be *dried*. That

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may require 'doing' in a small kitchen. Perhaps you have seen the housewives in France furiously swinging a wire basket. No, they were not doing their exercises, they were drying their salad greens, because only when the greens are dry will the oil cling.

In my New York kitchen we have a wire basket hanging over the kitchen sink. After the greens are dripped dry in it, they are rolled in a towel and dried some more, always with loving care and no bruising of leaves that makes them dark and unappetizing.

Salads, of course, taste best when prepared just minutes before they are served. In many a fine home these crisp greens are served in a large wooden bowl, and the salad is mixed, blended and tossed right at the table. After you become a real gourmet you will have a special wooden salad bowl that will have a garlic-onion-and-other-spices odour all of its own. Such a bowl, of course, is never put into water, only wiped clean and dried.

PS. to my reformed overeaters the reason I describe the French salad in detail is that *with very little oil*, no more than a teaspoonful for each person, you can make shiny and delicious salads. These are not dry and flat but moist and crisp. You can give them a different flavour every day of the week. See Salad Dressings on pp. 235-8.

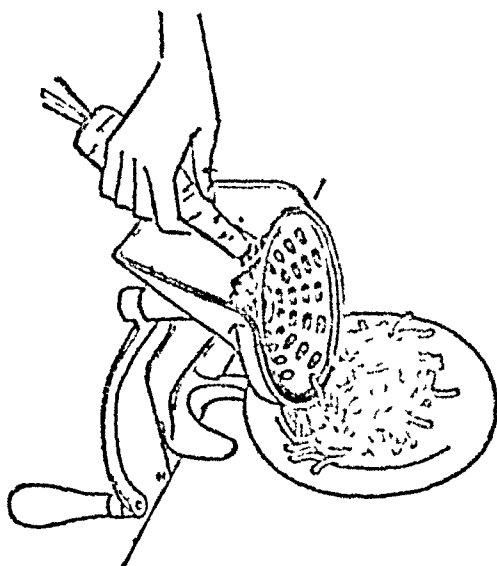
Salad Bowls

Most Californians and Texans have the salad-bowl habit, perhaps because they live more outdoors and love their picnics and barbecues. If you have been a guest at such a party you remember the appetizing flavour of barbecued meat and the piquancy of salads often served in individual wooden bowls. And what could be more delicious than a big lean steak broiled on the outdoor grill and served with a large bowl of crisp fresh vegetables? Don't wait for a picnic or feel you have to move out West. Have salad bowls *now*. Have a different combination and flavour every day of the week. Mix it with a delightful, flavoursome lean dressing, and eat your fill without conscience trouble.

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A Whole Meal in a Salad Bowl

This can be the ideal luncheon dish. Its foundation always is a bed of your favourite greens. Remember that dark green leaves are richer in vitamins than pale yellow ones, and use often a handful of parsley, watercress, thin unpeeled cucumber slices, green peppers. Whatever the mixture, be sure the vegetables are



young and crisp, break leaves by hand (do not cut) and 'snitzel' root vegetables fine.¹ For a stick-to-the-ribs salad, add from one half to one cup of your favourite protein (chicken, eggs, ham, cottage cheese, Swiss cheese, tongue, flaked lean fish, Californian tunny fish, shrimps, lobster tails, soya beans, left-over meats). Mix and marinate with small amounts of oil or lean dressing

The All-American Favourite: Lean Chicken Salad

To your favourite combination of mixed greens add $\frac{1}{2}$ cup of finely shredded white chicken meat and 1 teaspoon of lean dressing for each person. Marinate and toss well. Serve it with whole-wheat toast.

¹Kenwood equipment supplied by Life and Beauty Ltd, 5 Avery Row, London, W. 1

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Swiss Cheese Salad

Add $\frac{1}{2}$ cup of finely cut (julienne) Swiss cheese, and 1 teaspoon of lean dressing to your favourite mixture of crisp salad vegetables. Serve with rye-bread toast.

Cottage Cheese Salad

Mix $\frac{2}{3}$ cup of cottage cheese with 1 tablespoon each of chopped radishes and green peppers, flavour it with a pinch of vegetable salt, a few drops of lemon juice, and place cottage cheese in centre of marinated salad greens. Serve with fortified toast

Egg Salad

Chop 2 hard-cooked fresh eggs, season with a pinch of vegetable salt, a few drops of lemon, and a pinch of rose paprika. Mix chopped eggs with your favourite greens and marinate with 1 teaspoon of lean dressing. Serve with high-protein toast

Business Man's Salad

Mix $\frac{1}{2}$ cup of finely cut julienne style lean ham with 1 teaspoon of lean dressing in a big bowl of fresh crisp vegetables. Mix well and serve with toasted rye-bread roll.

Friday Treat

Break up $\frac{1}{2}$ cup of Californian tunny fish into small chunks, flavour it with a bit of lemon juice, vegetable salt and rose paprika. Mix tunny with 1 teaspoon of lean dressing and toss it with your favourite combination of a crisp garden greens. Serve with popovers

Shrimp Salad

Flavour $\frac{1}{4}$ cup of cooked shrimps with a bit of lemon and

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onion juice, sprinkle with vegetable salt and mix into a bowl of your favourite greens. Serve with melba toast.

Lobster-Tail Salad

Mix $\frac{1}{2}$ cup of finely shredded, boiled lobster tail with your favourite garden greens, including celery, and marinate with 1 teaspoon of lean dressing. Serve with extra lemon wedges and toasted rye bread.

Salad Mixte

As usual prepare your bowl of fresh crisp salad greens then add $\frac{1}{2}$ cup of lean ham, Swiss cheese and tongue cut in strips. Mix and marinate 1 teaspoon of lean dressing. Add extra lemon if desired. Serve with toasted whole-wheat bread.

Salads Unlimited

When you only use one teaspoon of oil for 'greens' in each salad you never need to worry about how much you eat, and there is no limit to the tasty combinations you can make. By all means use any left-over meat (turkey is excellent) or fish from the night before. Make your salad mixture flavoursome, and do not always use onion or garlic for flavour, but try radishes, green peppers and parsley—a few olives occasionally, sprinkle a teaspoon of very fresh wheat germ into the salad mixture. For more flavour or moisture you may use all the lemon juice you want. Besides vegetable salt, have a box of sweet rose paprika, some salad herbs, especially dill, basil, tarragon. Any one of these gives a completely new flavour to your salads; try them all and there will never be any boredom in your cooking. Remember boredom is often the reason why people 'fall off the wagon'.

FRUIT SALADS

These are not as low in calories as the salad greens, but we can use fruit salads occasionally, they make a welcome change. Fresh fruits, of course, are first, then frozen fruits (not heavily sugared), and canned fruits, but only the unsweetened. Many a confused dieter wonders why he does not lose as much as he should and every so often you find that he is eating fruits canned in heavy sugar syrup. *Fresh* fruit salads, especially those made with citrus fruits and apples, need no dressing or sweetening. They make a splendid appetizer at the beginning of the meal or a fine dessert when eaten at the end of the meal.

Melons Make Delicious Salads

Golden cantaloup balls, pale green honeydew melon balls and red ripe watermelon balls served on a bed of dark green lettuce sprinkled with lemon or lime juice make an elegant and satisfying first or last course.

Fruit Salad Luncheon

Fresh, frozen or unsweetened canned fruits can be made into delicious luncheons. You simply combine your fruit with $\frac{2}{3}$ cup of cottage cheese and serve it on a crisp bed of salad greens. Such salads can be moistened and made more tasty by pouring over some fruit juice, but they are most delicious when served with a lean yoghurt dressing.

GELATINE SALADS

Once a reducing craze swept America in which everybody ate and drank quantities of gelatine, flavoured and unflavoured. Gelatine, of course, is a protein food, but not a complete one, and should be used as an adjunct and not as the principal part of a

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reducing régime Everybody knows how to make gelatine salads. If you enjoy them, have them occasionally. I still prefer the green, green garden salads Here is my favourite gelatine mixture; it is a modernized version of the one served by the Ladies' Aid Society of the Baptist Church

2 tsp. of gelatine	$\frac{1}{3}$ tsp. of vegetable salt
$\frac{1}{4}$ cup of cold water	$\frac{2}{3}$ cup of boiling water
2 tbsp. of natural brown sugar	3 tbsp. of pimento
3 tsp. of lemon juice	$\frac{1}{3}$ cup of chopped cabbage
	$\frac{1}{3}$ cup of chopped celery

Soak gelatine in cold water for 5 minutes. Mix the brown sugar, lemon juice and salt with the hot water and pour over the gelatine Stir until gelatine is dissolved Let cool. When gelatine begins to thicken, add the finely chopped vegetables and stir. Turn into moulds, chill, and serve on big bed of garden greens—with a bit of lemon oil dressing.

TEN UNUSUALLY LEAN SALADS

Cauliflower Salad

Shred raw tender cauliflower on a fine shredder, to prevent darkening mix at once with a bit of lemon and oil or lean dressing. Serve on bed of greens and sprinkle with a bit of vegetable salt and sweet paprika For variety also try this with yoghurt or buttermilk dressing.

French Celery Salad

Scrub a medium-sized celery root until it looks as white as those at Les Halles in Paris Shred on a fine shredder and mix at once with a light vinegar oil dressing. This is one of the favourite hors d'œuvres in France and should be enjoyed by everybody.

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Golden Carrot Salad

Scrub small tender carrots (don't peel) and shred them very fine. Add a bit of vegetable salt and marinate in sufficient fresh or frozen orange juice to make moist and delicious. Serve on bed of greens.

Tender Cabbage Salad

Chop or shred young tender cabbage fine. Sprinkle with a bit of vegetable salt and rose paprika, and marinate in unsweetened pineapple juice until good and moist. Also delicious with lean yoghurt dressing.

Three-in-One Salad

Shred finely equal parts of young cabbage, celery and apple. Sprinkle with a bit of salt and marinate in sufficient fresh or frozen pineapple juice.

Sunday Night Salad

Chop young and tender cabbage medium fine, and add sufficient fresh or unsweetened canned pineapple pieces to make the mixture moist. Then marinate with lean yoghurt dressing. Serve on romaine or lettuce leaves.

Bulgarian Salad

Take half a cup of cottage cheese and mix with half a cup of finely chopped carrots. Moisten with buttermilk or lean yoghurt dressing and serve on bed of leaf lettuce.

Orange Salad

Mix 1 tablespoon of lemon or lime juice with 1 teaspoon of honey and 1 teaspoon finely chopped garden mint. Pour over sweet ripe slices of oranges and serve on bed of romaine.

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Peach of a Salad

Remove the stone from a large ripe peach halved and peeled, fill centre with red ripe berries marinated in a bit of honey and orange juice, and serve on dark green leaves.

Spring Salad

Cut up your favourite spring vegetables: young radishes, green onions, slices of unpeeled cucumbers, celery. Sprinkle with vegetable salt, and cover all with creamy yoghurt chives dressing.

A NEW SALAD GREEN

The first time I ate this salad was at the Pump Room in Chicago's Ambassador Hotel. I had eaten salad greens all over the world but never had I tasted anything so tender and delightful. When I asked what it was called, the *maître d'hôtel* said, 'This is the new Kentucky limestone lettuce, especially grown for us.' It really was special, and soon other first-rate restaurants started serving it, within the last few years this miniature head lettuce has become so popular that you can get it in many markets. I have grown it in my garden in Italy, and everyone who ate it proclaimed it tops. Try to find it in your own market, and use it either alone or mixed with other greens. It is expensive but so tender that just one head mixed with other greens makes a good salad better. You may have heard it called 'Bib' lettuce. Here is how they make it in the Pump Room.

Limestone Salad Ambassadeur

To a bowl of crisp broken-up limestone lettuce you add:

2 tbsp of small hearts of artichokes
 $\frac{1}{2}$ cup of ripe quartered tomatoes
2 hard-cooked eggs sliced
Toss well

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Instead of a heavy salad dressing, we use a light one, plus a bit of vegetable salt and rose paprika to taste, and marinate well. A real he-man's salad, and all you need is some rye-bread toast with caraway seeds to make this a delicious lunch.

LEAN SALAD DRESSINGS

The fat oily rich varieties, in or out of bottles, are not for us. There is too much evidence against excess fats. According to Dr. Lester Morrison, the excessive use of fats can be the cause of hardening of the arteries, and we certainly do know that the eating of too many fatty foods is responsible for more ugly overweight than any one other factor. If you are greatly overweight, I commend the finger-salad habit to you. Learn to enjoy the natural pungent flavour of fresh raw vegetables—and when you do use a dressing, use it to enhance the natural flavour of the vegetables, but don't drown it with fat.

Herbalized Vinegar for Better Tasting Salads

Into a full quart of cider vinegar put the following: 1 teaspoon of celery seed, 1 teaspoon dill seed, 2 cloves of garlic, plus 2 tablespoons of dark brown sugar and 1 teaspoon of vegetable salt. Let the mixture stand for a week. Keep tightly covered. This is a delicious herbal vinegar to be used over all sorts of salads.

When oil is used, be sure to use the cold-pressed variety—peanut, soya and corn oil are the preferred oils in America. In France they like poppy seed and walnut oil, in Italy and Spain they use olive oil; in Germany cold-pressed linseed oil is becoming very popular. All oils have about the same fattening qualities, but the cold-pressed peanut, soya and corn oils are superior to the refined oils. Whatever oil you choose, use it in the proportion of about $\frac{1}{3}$ cup of oil and $\frac{2}{3}$ cup of vinegar.

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Lean Salad Dressing

For each person use 1 teaspoonful of oil—preferably cold-pressed peanut, soya or corn oil. Sprinkle over salad greens and toss until they glisten. Then add all the trimming your palate desires—wine, cider vinegar or lemon juice, always a dash of vegetable salt, some herbs or salad seasoning. This is by far the best and leanest way to make good salads every time.

If you are a working girl and prefer to make your dressing for a whole week in advance, you could mix $\frac{1}{3}$ cup of oil and $\frac{2}{3}$ cup of vinegar or lemon juice. If this is too sour for your taste, you can further dilute this with grapefruit or tomato juice. Then season to taste with vegetable salt and salad herbs—as garlic or onion. Give it the flavour you enjoy most. Keep it in the refrigerator and shake well before using.

Tomato Lean Dressing

Place $\frac{1}{2}$ cup thick tomato juice, 2 tablespoons vinegar, 1 teaspoon vegetable salt, $\frac{1}{4}$ teaspoonful curry powder in a glazed jar or cocktail shaker and mix well. This combination is a nice change and delicious on all sorts of salad bowls.

Sherry Dressing

Mix 4 tablespoons sherry, 2 tablespoons of lemon juice, 1 teaspoon brown sugar and a dash of vegetable salt. Shake well. Especially good on fruit salads.

Buttermilk Dressing

One cup of buttermilk, 1 tablespoon parsley or chives, $\frac{1}{2}$ teaspoon tarragon, $\frac{1}{2}$ teaspoon vegetable salt and pinch of brown sugar. Mix ingredients well. Keep in refrigerator and shake well before using.

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Spicy Salad Dressing

$\frac{1}{2}$ cup tomato juice	Juice of $\frac{1}{2}$ lemon
1 tbsp. grated onion	$\frac{1}{2}$ tsp. vegetable salt
1 tsp soya sauce	$\frac{1}{2}$ tsp basil or salad herbs

Combine all ingredients and chill for several hours. Can be used generously. Shake well

Lean Cream Dressing

Place 1 cup cottage cheese, 1 tablespoon lemon juice or vinegar, a dash of vegetable salt, 1 slice of onion and 1 tablespoon of parsley or chives into an electric blender and mix. If too thick, it can be thinned down with a little skim milk. Delicious over Spring Salad and young cabbage salads

Quick Yoghurt Dressing

Mix with a fork, 1 cup yoghurt, 2 tablespoons lemon juice, 1 teaspoon of honey and $\frac{1}{2}$ teaspoon of vegetable salt. This is excellent over fruit or vegetable salads

Party Dip

For 'dunking' your finger-salad vegetables

1 cup of cottage cheese	$\frac{1}{2}$ tsp. of vegetable salt
1 tbsp of lemon juice	$\frac{1}{2}$ tsp of rose paprika
$\frac{1}{2}$ cup of chives or green onions	

Mix for one minute in electric blender and add enough yoghurt to make the whole mixture the consistency of mayonnaise. Put in refrigerator until chilled

SALAD DRESSING OF THE FUTURE

I see no reason why someone cannot prepare a really delicious high-protein, low-fat salad dressing. Just now I am experimenting with all kinds of good ingredients. lean cottage cheese, milk casein, skim milk solids, lean yoghurt, lemon, vinegar, herbs and cold prepared soya oil. My representatives in France are experimenting with other proteins plus walnut and poppy-seed oil and in Germany a chemist is working with yoghurt, Krauter-Kaese (lean herb cheese) and, don't laugh, linseed oil, one of the richest sources of concentrated fatty acids. The salad dressing of the future must be high in protein and low in fat but above all it must taste delicious, preferably like a creamy roquefort cheese dressing. Perhaps by the time this book is finished my co-workers and I will have worked out the formula for such a dressing of the future.

LEAN MEATS AND MEAT SUBSTITUTES

Liver is especially good for reducers; it is very lean, containing first-class proteins, and a treasure-house of vitamins. Cook books of antiquity still tell you to soak all the good out of the liver and then fry it like shoe leather. But, actually, the less liver is cooked the more beneficial. The modern chefs know that tender calf liver, chicken and turkey livers should only be washed and cooked until they change colour. Beef liver, also an excellent food, is a little tougher but can now be tenderized. Lamb liver, amongst the cheapest, nutritionally is just as good as the more expensive ones. A fine old American custom is to have golden brown onions with all livers. For variety's sake have some golden apple slices with your liver occasionally. To convince you of the amazing nutriments contained in the cheapest liver, let me give you a comparative analysis

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	EXPENSIVE	INEXPENSIVE
	<i>Calf Liver (3 oz)</i>	<i>Lamb Liver (3 oz)</i>
Protein	16 2 gm	17.8 gm
Fat	4 2 gm	3 3 gm
Carbohydrates	3 4 gm	2 5 gm
Calcium	5 mg.	7 mg
Phosphorus	292 mg	309 mg
Iron	9 mg	10 7 mg
Vitamin A	19,130 I.U	42,930 I.U.
Thiamine	18 mg	.34 mg
Riboflavin	2.65 mg	2.79 mg
Niacin	13.7 mg.	14 3 mg
Vitamin C	30 mg	28 mg
Vitamin D	45 I U	20 I U

Grilled Liver

If you can afford calf liver you are lucky. If you use beef liver, sprinkle it on both sides with that easy-to-use tenderizer, and let it stand for 30 minutes, but not in the refrigerator. Then take $\frac{1}{2}$ -inch-thick slices, brush them lightly with a bit of oil. Place on griller pan and broil 3 inches from the heat. This takes only 3 minutes on each side. Place on hot platter, season, and trim with parsley or watercress.

Chicken Livers

$\frac{3}{4}$ lb. chicken livers 2 tbsp. butter or margarine 2 cups sliced mushrooms	2 tbsp. sliced onions $\frac{1}{2}$ tsp. vegetable salt Dash of rose paprika
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Wash, rinse, and cut livers into small pieces. Melt butter in heavy skillet and sauté the livers, mushrooms and onions over low heat for about 4 minutes, stirring occasionally. Add seasoning and serve.

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Lean, Fortified Hamburger

1 lb. lean chopped beef	2 tbsp. chopped onions
2 tbsp. wheat germ	2 tbsp. chopped parsley
$\frac{1}{2}$ cup water	1 tbsp. chopped celery (optional)
$1\frac{1}{2}$ tbsp. non-fat dry milk	

Make into 4 flat patties and put into frying pan, bottom covered with $\frac{1}{2}$ teaspoon salt, brown both sides. May also be put in skillet slightly greased in order to broil them, but make patties $\frac{3}{4}$ inch thick for broiling.

Soyaburger

1 lb. ground lean beef	3 tbsp. skimmed milk
2 cup mashed cooked soya beans	2 tbsp. salt
1 egg	1 tsp. sweet paprika
	1 tbsp. soya sauce

Beat egg and milk together, add soya sauce, salt and paprika. Mix soya beans and beef and work in other ingredients. Make 12 patties—either broil them or pan fry them like hamburgers.

Budapest Goulash

1 lb. lean beef cut in small cubes	1 tsp. rose paprika
1 lb. veal cut in small cubes	1 bay leaf
2 tbsp. vegetable fat	$\frac{1}{2}$ tsp. caraway seeds
4 large chopped onions	2 cups strained tomatoes
2 cloves chopped garlic	2 cups unpeeled cubed potatoes
1 tsp. vegetable salt	

Sprinkle tenderizer over meat cubes; let stand for 30 minutes at room temperature, then melt vegetable fat in heavy iron kettle or Dutch oven, and brown the meat with the chopped onions and garlic. Add salt, rose paprika, bay leaf, and caraway seeds. Heat tomatoes and pour over meat. Cover tightly and simmer

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over the flame for about one hour and a half. More tomatoes can be added. Add the potato cubes half an hour before meat is done. If desired, gravy can be thickened with a tablespoon of whole-wheat flour or a bit of vegetable thickener.

Beef Stroganoff

2 lb. lean beef cut into small cubes	2 tbsp. chopped parsley
2 tbsp. whole-wheat flour	$\frac{1}{2}$ pint yoghurt
2 tbsp. vegetable fat	1 tbsp. soya sauce
2 slices onions	$\frac{1}{2}$ tsp. vegetable salt
$\frac{1}{2}$ lb. sliced mushrooms	Rose paprika to taste
2 cups vegetable or chicken broth	

Sprinkle tenderizer over meat cubes, let stand for 30 minutes at room temperature. Then dredge meat cubes in whole-wheat flour. Melt vegetable fat in heavy iron kettle. Brown the meat with the onions and mushrooms, add the broth, cover the kettle and let simmer over low flame for about one hour. Remove cover during the last half hour and let liquid cook down to half its quantity. Ten minutes before serving add the parsley, the soya sauce and the thick yoghurt. Season with vegetable salt and rose paprika to taste.

German Beefburger

1 cup ground raw carrots	$\frac{1}{2}$ cup chopped celery
1 cup ground unpeeled raw potatoes	1 beaten egg
2 tbsp. chopped onions	$\frac{1}{4}$ cup milk
2 tbsp. chopped parsley	$\frac{1}{4}$ cup wheat germ
1 lb. ground lean beef	2 tsp. vegetable salt

Mix all together, then form into patties and place them on lightly oiled shallow pan and bake in hot oven for 20 minutes.

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Liver à la Strasboug

Take any fresh, tender liver. Cut in noodle-like strips. If at all tough, sprinkle with new tenderizer and let stand for 20 minutes at room temperature, then put just 1 tablespoon of butter or margarine in heavy, heated skillet. Sauté one large sliced onion to a golden brown and then add the strips of liver and sauté for another three minutes. Sprinkle with a bit of vegetable salt and serve at once. This is my favourite liver recipe. I hope you, too, enjoy it. It is the leanest of all meats.

Lean Gravy

If you just love gravy here is the way to make it lean and delicious. Pour the drippings from your meat in a glass bowl, add a few ice cubes and watch the fat harden around those ice cubes. Skim off the fat and reheat this lean liquid. For extra flavour, you might add a few tablespoons of sherry, vegetable salt and rose paprika to taste. Here you have all the flavour minus the fat.

Delicious Lean Curry Sauce

Put 1 cup boiling water into a pan, add 2 bouillon cubes and let dissolve, after that add 1 heaping teaspoonful of curry powder and 2 tablespoons of instant dry skim milk powder. Now beat 1 fresh egg yolk in a cup and heat and add some of the above hot mixture, but be sure and stir constantly so egg won't curdle; finally pour egg yolk mixture back into pan and keep on stirring so egg remains smooth. Heat low, let come to boil. This sauce is a delight and can be used over chicken, hard-boiled eggs, left-over meat. One tablespoon over $\frac{1}{2}$ cup of rice makes it a treat.

Ready Liver Paste

In France and Germany I have tasted a liver paste which is quite the most delicious I have ever had. It contains all the things

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I recommend liver, which is always lean, a bit of food yeast and just a bit of sunflower oil. The seasoning is so perfect that it tastes like a good *pâté de foie gras*—minus the fat, of course. I wish we could have such a delicious liver paste in the U S. Thousands of people would rather eat such a liver paste than swallow handfuls of expensive liver tablets. I know that all the diet and health shops would gladly sell such a healthful product.

Make Your Own Liver Paste

$\frac{1}{2}$ lb. fresh lamb, beef or calf liver	$\frac{1}{2}$ tsp. vegetable salt
1 large onion	1 tsp. whole-wheat flour
1 clove garlic	1 tbsp. chopped parsley
1 tsp. fresh butter	1 tbsp. defatted wheat germ
	Vegetable broth

Wash liver and cut in small pieces, melt $\frac{1}{2}$ teaspoon butter in hot skillet and brown the onions and garlic, remove them from pan and then sauté the liver in $\frac{1}{2}$ teaspoon of butter, sprinkle with vegetable salt. Put all solid ingredients into electric mixer, thicken the bit of gravy with 1 teaspoon flour and a small amount of vegetable broth. When cooled off, add this to liver mixture in electric blender, also add the parsley and the wheat germ. Mix and blend for about a minute and pour into jar to cool. Keep in refrigerator, but do not try to store it.

MEAT SUBSTITUTES

Golden Nut Loaf

1 cup grated raw carrots	2 tbsp. yoghurt
1 small onion, chopped	2 eggs, slightly beaten
1 stalk celery with leaves, chopped thin	1 tsp. vegetable salt
$\frac{1}{2}$ cup chopped nut meats	Buttered whole-wheat bread crumbs
2 tbsp. chopped parsley	
2 tbsp. whole-wheat bread crumbs	

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Mix thoroughly all the ingredients except the buttered crumbs. Butter a loaf pan lightly and cover the bottom thickly with the bread crumbs. Pack in the loaf mixture; cover and bake in moderate oven (350° F.) for 30 minutes. Uncover the last 5 minutes of baking. Remove from the oven. Loosen the sides by running a knife around and invert over a platter. Serve with tomato sauce.

Wild Riceburgers

2 cups cooked wild rice	1 egg, slightly beaten
$\frac{1}{2}$ lb. chopped nuts (hazel or walnuts)	

Combine all ingredients. Use 1 heaping serving spoon for each patty and place in heated skillet with a bit of soya or peanut oil. Leave in skillet until golden brown.

Soya Beans

These beans are hard to cook at home, but you can buy them ready to serve in cans. They are a wonderful meat substitute and most delicious when baked. Simply open a can and mix with tomato sauce or ketchup and just a bit of brown sugar; then place in baking dish and heat thoroughly. One-half cup of soya beans can also be used for making a delicious protein salad.

Vegetarian Meat Loaf

1 cup chopped onions	Vegetable salt and pinch of
3 tbsp chopped celery	thyme to taste
$\frac{2}{3}$ cup chopped hazelnuts	1 fresh egg, beaten
$\frac{2}{3}$ cup drained, cooked tomatoes	$\frac{3}{4}$ shredded-wheat biscuit, crumbled
1 tbsp. grated raw beet	

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Combine ingredients in order listed, then add the egg, mix well and finally add the shredded wheat. Pack into lightly oiled loaf tin and place in moderate oven (350° F.) until firm enough to be removed (about 25 minutes). Serve with tomato or curry sauce.

Mushrooms with Almonds

4 cups diced celery	4 tbsp salad oil
3 cups diced onions	2 tbsp. whole-wheat flour
$\frac{1}{2}$ cup boiling vegetable broth	$\frac{1}{4}$ lb. bean sprouts
2 tsp. vegetable salt	$\frac{1}{4}$ lb. toasted blanched
1 lb. mushrooms, diced	almonds

Simmer the celery and onions over low heat for 5 minutes, having added the hot broth to start the steam. Drain off the liquor and dissolve the vegetable salt in it. Brown the diced mushrooms in the oil, sift the flour over them, and brown the flour. Pour the bouillon liquor over the mushrooms and stir until the mixture thickens. Then add the bean sprouts and cook 2 minutes. Add the cooked onions and celery. Heat through and serve, garnished with shreds of green onion and hot toasted almonds.

SHORT-COOKED VEGETABLES

Golden Carrots (5 minutes)

Do not peel them with a knife, but brush them or use one of those steel sponges which scrape off only the thin outer layer. Shred or snitzel the carrots medium, not too fine.

Cover tightly, let cook for 5 minutes, add a bit of vegetable salt, parsley and a small amount of butter or margarine. These carrots keep their golden colour and are unbelievably delicious.

Tender Beets (5 to 7 minutes)

Select small young beets, scrub and shred on medium shredder. Be sure and use small heavy utensil. Heat utensil and add 3

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tablespoons of chicken or vegetable broth; when liquid is steaming add shredded beets, cover tightly, and cook for about 7 minutes, depending on tenderness of beets. Then add vegetable salt and other kinds of seasoning. Short-cooked beets keep their rose-petal colour and have a nut-like flavour all of their own.

Tender Young Cabbage (5 minutes)

Shred young white or red cabbage on coarse shredder or snitzler. Have small heavy utensil ready with 3 tablespoons of steaming broth on the bottom. Place cabbage in utensil and keep tightly covered. Young cabbage cooks in 3 to 5 minutes and is easy to digest. All you add is a bit of vegetable salt and a bit of butter or margarine.

Delicious Cauliflower (7 minutes)

Select a young white cauliflower, shred or snitzel on coarse blade. Shred not only the flower but the whole stem. Have heavy small utensil steaming with 3 tablespoons of vegetable or chicken broth. Drop in the white shreds and let cook tightly covered for about 5 to 7 minutes. When tender but still chewy, the shreds have not lost their appetizing white colour. Now add a bit of vegetable salt and enjoy this new delicious flavour. If you add butter, be a miser.

String Beans (7 minutes)

Tender green or yellow beans can be finely shredded lengthwise and placed in small heavy hot utensil. Have 3 tablespoons of steaming broth on bottom and cook tightly covered about 7 minutes. When tender add a bit of vegetable salt, some parsley and smallest amount of butter or margarine.

Eggplants

Wash but do not peel young tender eggplant. Shred on coarse shredder or snitzler. Cook in heavy covered pot in 2 tablespoons

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of steaming hot vegetable or chicken broth for about 8 minutes. Then add a bit of vegetable salt, and smallest amount of butter or margarine. Also try adding a few peeled chopped tomatoes.

Eggplant Toast

Cut unpeeled eggplant into half-inch slices, put under broiler and toast until golden brown. Sprinkle with vegetable salt. Delicious and a wonderful low-caloric treat.

All Leafy Vegetables can be Made Delicious in a Matter of Moments

Spinach, beet tops, turnip tops and all greens should be picked clean while dry. Then place greens into a large pan of cold water to loosen dirt, let cold water run until greens are clean and crisp. Then place greens in a small pre-heated heavy cooking utensil. Greens contain sufficient water of their own so let cook tightly covered from 3 to 5 minutes. Then add a bit of vegetable salt and the smallest amount of butter or margarine. These greens will be tender and will still have their beautiful and natural colour.

Potatoes for Reducers

Scrub medium-size potato, do not peel; cut in half and scoop out most of middle portion until about $\frac{1}{2}$ inch of potato is left lining the skin. Rub with a bit of oil and bake in very hot oven until brown and crispy. Very delicious and satisfying.

Mashed versus 'Smashed' Potatoes

When you peel, cut up, boil and pour off the water in which perfectly good potatoes have been cooked and then mash them you have what I call 'smashed' potatoes, because all the good has been 'smashed' out. To make nourishing, lean, mashed potatoes, simply cook them in their jackets, unsalted, until all the water is absorbed. Next pull off the thin peeling, sprinkle a tablespoon

of dry skim milk over the potatoes, then mash and add enough fluid skim milk to make them smooth and creamy. Yes, even on a reducing menu you can occasionally have $\frac{1}{2}$ cup of such potatoes.

CHINESE AND JAPANESE COOKING ARE LEAN

The Chinese are undoubtedly the greatest vegetable cooks in the world. Their methods have been used for thousands of years and should have inspired the Western World long ago. My own method of short-cooking is very similar to the Chinese method; the vegetables are shredded or cut into small pieces, then placed in a heated, heavy saucepan containing a spoonful of peanut, soya or sesame oil, covered tightly and allowed to cook a very few minutes or until they begin to soften. They should still be 'chewy' when served. You can substitute a spoon of broth (to start the steam) for the oil if you want to be extra careful.

In recent years superior Chinese restaurants have sprung up like mushrooms in almost every city in America. Such famous ones as the Beachcomber's in Hollywood and Trader Vic's in San Francisco; a cuisine which is a combination of Cantonese, Hawaiian and South Sea Island cookery. On a recent visit to the Hollywood Beachcomber I was invited to visit their kitchen, which is a marvel of modern efficiency. Chinese cookery requires a maximum of preparation and a minimum of cooking time and fuel. At the Beachcomber's there are bowls of neatly sliced and stacked vegetables (celery, bamboo shoots, water chestnuts, spinach, etc.), fresh and crisp, bowls full of sliced lean meats, all in refrigerators within easy reach of the chef. Upon receipt of an order, it takes him only a few seconds to select his ingredients, a skilful blending of meats and vegetables and within ten or fifteen minutes a delicious meal is ready to serve. You would be surprised to see that only the smallest amount of oil is used. When necessary a small amount of broth is added; seasonings such as soya sauce, vegetable salt and monosodium glutamate are always added last.

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Most Chinese recipes require too many special ingredients to make them popular for our reducing plan. However, there is no reason why we should not include a few Chinese-type recipes to give spice and variety to our meals. Among my favourites (and the simplest to prepare) are Egg Foo Yong, Chicken Chop Suey, Lobster and Vegetable, Pepper Steak, and Chicken and Cucumber, and for special occasions half a cup of Chinese Rice. Here are the recipes:

Egg Foo Yong

1 cup finely chopped cooked chicken, shrimp or lobster	6 water chestnuts (if avail- able)
2½ cups bean sprouts	3 oz mushrooms
3 green onions	5 eggs
	Peanut or soya oil

Toss drained bean sprouts in a small amount of flour, slice onions, water chestnuts and mushrooms very thin; mix chopped meat and vegetables. Beat eggs lightly and stir in mixture of meat and vegetables. Heat oil in heavy skillet. Fry one ladleful of batter at a time, using medium heat. Fry each side about 3 or 4 minutes or until golden brown. Place in a warm oven until ready to serve. Add salt and seasoning to taste.

Sauce for Egg Foo Yong

Add 1 cup of water slowly to 1 tablespoon of cornstarch to make a smooth paste. Season with ¼ teaspoon of monosodium glutamate and 1 tablespoon of soya sauce. Cook until clear and thick.

Dow-Jay-Gai Chop Suey (Chicken Chop Suey)

½ lb. string beans	1 cup chicken bouillon
1 lb cooked chicken	2 tbsp cornflour
½ lb fresh mushrooms	2 tsp. soya sauce
1 cup celery	2 tsp. oil
1 cup celery cabbage	

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Cut string beans into $\frac{1}{2}$ -inch pieces and cook until tender. Preheat heavy pan containing 2 teaspoons of oil. Add chicken cut into thin slices $1\frac{1}{2}$ inches across. Slice and add mushrooms. Dice and add celery. Add celery cabbage, cut into $\frac{1}{4}$ -inch pieces. Add chicken bouillon. Cover pan tightly and cook over moderate flame for 5 minutes. Add cooked string beans. Blend together and add 2 tablespoons cornflour, 2 teaspoons soya sauce and $\frac{1}{4}$ cup water. Cook for a few more minutes, stirring constantly, until the juice thickens. Add seasoning to taste.

Choy-Loong-Hai (Lobster and Vegetable)

1 lb green peas	1 cup chicken bouillon
1 cup diced carrots	$\frac{1}{2}$ lb. lobster meat
2 tbsp onion finely diced	2 tbsp. cornflour
1 clove garlic, diced	2 tsp. soya sauce
$\frac{1}{2}$ cup green pepper, diced	2 tsp. oil
$\frac{1}{2}$ cup celery, diced	

Cook shelled peas and diced carrots separately. Preheat 10 inch heavy pan containing 2 tablespoons of oil, add finely diced onions, garlic, green pepper and celery. Add chicken bouillon. Cut lobster meat into small pieces and add. Cook over a moderate flame for 5 minutes, stirring constantly. Add cooked peas and carrots. Blend together and add 2 tablespoons cornflour, 2 teaspoons soya sauce and $\frac{1}{4}$ cup of water. Cook for a few more minutes, stirring constantly until juice thickens. Add seasoning to taste. Serve very hot with a small portion of fluffy rice.

Pepper Steak

1 lb round steak	4 stalks celery, cut in slices
1 tsp. brown sugar	2 green peppers, cut in small squares
3 tbsp soya sauce	1 tbsp. cornflour or tsp. of vegetable thickener
2 tsp. soya or peanut oil	2 tbsp. water
1 medium onion, sliced	
2 cloves garlic, minced	

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Cut meat into thin slices. Mix with brown sugar and soya sauce. Heat oil in a frying pan. Add onion and garlic and cook until onion is golden. Add meat. Cover and cook 8 minutes. Add vegetables, combine cornstarch or vegetable thickener with water, stir until smooth, and add. Cover and cook 12 minutes longer. Serve immediately over brown rice.

Chicken and Cucumber

1 double chicken breast	1 lb. fresh peas, shelled
2½ tbsp. soya sauce	½ cup consommé
1 small onion, chopped	½ cucumber, unpeeled
¾ tsp. powdered ginger	1 tbsp. cornflour or
2 tsp. oil	vegetable thickener
½ lb. mushrooms, cut in slices	2 tbsp. water

Cut chicken into thin slices. Mix with soya sauce, onion and ginger. Heat oil in a frying pan. Add mushrooms and cook, covered, for 5 minutes. Remove and set aside. Place chicken mixture in frying pan with peas and consommé. Cover and cook 10 minutes. Cut cucumber in half, lengthwise, then in ¼-inch slices, combine cornflour or thickener and water and stir until smooth. Add with mushrooms to chicken and cook, covered, 5 minutes.

Chinese Rice

4 cups boiled rice (at least one day old)	1 tsp. vegetable salt
3 eggs	½ cup diced chicken, turkey, veal or lamb
4 chopped shallots	2 tbsp. soya sauce
1 cup chopped parsley	

Beat eggs. Heat a little oil in skillet. Toss in rice and sauté until hot. Stir and gently press out all the lumps. Add chopped shallots and meat and mix thoroughly. Stir a hollow in centre of the mixture and pour in the eggs. When eggs are semi-cooked

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resume stirring until rice and eggs are blended. Stir in parsley, soya sauce, salt and serve.

For those who want to pursue the art of Chinese cooking further, I recommend *The Joy of Chinese Cooking* by Yen Hung Feng (published by Faber & Faber Ltd).

While on the subject of Oriental cooking, we should not overlook the Japanese who have given the world at least one famous dish—Sukiyaki. I have dined at excellent Japanese restaurants in Los Angeles, San Francisco, Seattle and New York. One of the best is Miyako on West 56th Street in New York. The Sukiyaki is prepared to order and cooked on your own table.

DESSERT MEANS FRUITS UNLIMITED

There is no dessert in the whole wide world which can compare with the fresh, ripe fruits. Travelling the world all over, I am happy to notice that more and more fine homes and restaurants serve fresh fruits at the end of a good meal. In France, more than in any other country, they serve their fruits with the proper flourish. The waiter brings a whole box of beautiful peaches, pears or apples to your table. Very often each piece of fruit is carefully nested on its own bed of cotton to prevent bruising, you pick the ripest and juiciest fruit and then proceed to eat it with the proper fork and knife.

I wish every reducer would acquire the good habit of eating ripe fruits. It is a fine way to train the palate away from the concentrated sweets. All fruits are excellent; select the ones you like most. For reducers, ripe melon is especially recommended. To make it more flavoursome, squeeze over it a slice of lemon or lime juice. Red, ripe berries of all types are the reducer's friend. Eat them in as natural a state as possible, or do as South Americans do—sprinkle them with orange or pineapple juice.

One of the favourite desserts at my house is a big crystal bowl full of every kind of fresh fruit. You start the bottom layer with ripe strawberries, on top of that you place a layer of sliced, ripe

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peaches, then another layer, of bilberries, and still another layer, of red raspberries, and so on. When the fruits are ripe they need no sweetening, however, some sweet, fresh orange juice sprinkled over each layer gives added flavour and makes a good combination. When fruits are not sweet enough they can always be sprinkled with a bit of honey. Try all the different flavours, but never sweeten fruits so much that you drown out the natural taste

Occasionally you may like some stewed fruit or, as I prefer to call it, fruit compote. Do prepare it in this modern and delicious manner.

Lady Mendl Compote

All sorts of ripe berries and fruits, cut in small pieces, can be made into a most delicious compote without cooking the fruit itself. I learned this secret from fabulous Lady Mendl's chef, who had been making this compote for kings and queens, dukes and duchesses, and I also have seen Sir Winston Churchill eat such a compote with delight. You simply make a syrup of honey and water, not too sweet (about 1 tablespoon of honey to a cup of water). This you bring to the boil, and then pour this hot honey water over the fresh fruit. Be sure to cover at once. When cooled, place in the refrigerator. Here you have a most pleasant change from fresh fruit, without much loss of food value and flavour.

Fresh Fruit Cup

Cut up any and all of the fruits you can find in your market. Try and include some juicy apple, and cut in small pieces but do not peel. This gives added colour and more sustenance to this delicious appetizer or dessert. Serve in tall crystal glasses. Sprinkle with sweet orange juice and occasionally add a teaspoonful of sherry to each cup.

Broiled Grapefruit

Half a fresh, ripe grapefruit is always a welcome dessert, but occasionally you might like this broiled grapefruit dessert. You

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simply cut ripe grapefruit in half, remove seeds and cut the sections, but do not cut out the centre. Place 1 teaspoon of brown sugar in centre, also 1 teaspoon of sherry. Place under a low flame and broil for about 20 minutes, but be sure to put a little water on the bottom of the pan to prevent burning.

Minute Apple Sauce

Place 1 cup of apple or pineapple juice in electric blender and add 2 medium-sized cut-up apples, peel and all, 2 teaspoons of brown sugar or honey, a few drops of lemon juice and a pinch of cinnamon. Mix for 1 minute, and serve in tall dessert glasses. This also makes a delicious dessert when served hot (in place of fattening apple pie)

Minute Apricot Sauce

Place 1 cup of unsweetened fruit juice in electric blender, add enough ripe apricots and mix until sauce is thick and golden. If sweetening is needed, add the least bit of honey.

Minute Cranberry Sauce

Place 1 cup of unsweetened pineapple juice in the electric blender, also add 1 cut-up sweet red apple, $\frac{1}{4}$ of an orange, peel and all, and 1 to 2 teaspoons of honey. Turn on electric blender and add enough fresh cranberries until sauce is thick and smooth.

Open-Face Fruit Pie

Here's a quick and modern version of fruit pies. In it you get all the deliciousness of whole grains and ripe fruits, but none of the lard which makes ordinary pies taboo for modern eaters. You simply crumble 1 shredded-wheat biscuit into a mixing bowl, to this you add 2 teaspoons of melted butter, 1 teaspoon of honey and a pinch of vegetable salt. Mix thoroughly, then press into individual lightly-buttered muffin tins (exactly the same as when you make a rusk), bake to golden brown. These small whole-wheat shells can be filled with any of your favourite

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fruits, fresh berries, sliced peaches, slightly honeyed, etc. Raw shredded apple or minute apple sauce with a little honey also makes a delicious open-face pie

Yoghurt Fruit Dessert

Fresh yoghurt can take the place of sour cream or whipped cream for people who value their waistlines. You can make so many attractive dessert combinations. Place ripe sliced peaches into your finest crystal goblets, cover them with a tablespoon or two of yoghurt and sprinkle the top with just a bit of honey and some finely grated lemon peel.

Raspberries and strawberries look beautiful in crystal glasses and become more delicious when you add fresh yoghurt. People who love the taste of thick cream over strawberries or raspberries, as they make them in Paris, say that these yoghurt fruit desserts are tops and, of course, they are lean.

Pineapple au Kirsch

At Maxim's in Paris fresh pineapple is served with proper pomp and circumstance. The head waiter cuts the very ripe pineapple with a long sharp knife. On two paper-thin slices he pours a spoonful of kirsch, and serves it with a bow from the waist. When the cheaper, smaller pineapples come on the market we can eat pineapple without cutting it so thin, with or without kirsch, but, of course, no extra sugar.

BREAD, SCONES, CEREALS

Homemade High-Protein Bread

In case there is no high-protein bread where you live, you can make your own. Simply use your own bread recipe, but in place of white flour use unbleached white flour and add 1 tablespoon each of wheat germ, dried food yeast, skim milk, powdered and soya flour, for each loaf of bread you bake. All

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these high-protein foods, added, make this a most delicious and nutritious bread. It is not white, it is not brown, it is a golden beige colour, and is delicious toasted.

THE BREAD OF THE FUTURE

Eighty per cent of Americans still refuse to eat dark bread no matter how often we nutritionists recommend it. For this reason one of the country's biggest bakeries has baked thousands of different loaves of bread for me, and we finally succeeded in making a beige loaf of excellent quality. It is made with unbleached flour, soya flour, wheat germ, butter and honey. This bread tastes wonderful and thousands of families enjoy it, but the 35,000,000 overweighters need a new kind of lean bread. This bread must not have any shortening. The flavour must come entirely from the blending of unbleached white and rye flours plus the addition of extra proteins, especially wheat germ (de-fatted), skim milk, brewer's yeast, and some extra-gluten flour derived from wheat and corn. For extra minerals we go to the sea and use a small amount of finely powdered sea greens rich in iodine. I believe I will soon have a formula for such a bread. If you are a good breadmaker you should make some experiments of your own. Simply follow the recipe on page 255 for homemade bread.

Wheat-Germ Muffins

Mix 1 tablespoon of butter and 1 tablespoon of honey; then mix $\frac{1}{2}$ cup of wheat germ, $\frac{1}{4}$ cup sifted unbleached flour, $\frac{1}{4}$ cup sifted soya flour, $\frac{1}{2}$ teaspoon baking soda and a pinch of vegetable salt. Add honey mixture to dry ingredients and add $\frac{3}{4}$ cup of yoghurt. Beat all thoroughly, put into muffin tins and bake for 35 minutes at 350° F.

Quick Hot Cereal for Working Girls

Stir $\frac{1}{2}$ cup of any whole cereal into 2 cups of salted, boiling water. Stir for 3 minutes, then pour mixture into wide-mouthed

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Thermos flask or jug, cork the flask and lay on side. Next morning you will be greeted by a steaming-hot cereal, ready to eat with a bit of honey and lean milk

MY FAVOURITE LEAN BROTHS

Lean Diet Broth (Hauser Broth)

1 cup finely shredded celery, leaves and all	1 tbsp. shredded parsley
1 cup finely shredded carrots	1 tsp. vegetable salt
$\frac{1}{2}$ cup shredded spinach	1 quart water
	1 cup tomato juice

Put all shredded vegetables into the quart of water, cover and cook slowly for about 25 minutes, then add tomato juice, vegetable salt and a pinch of brown sugar. Let cook for a few minutes Strain and serve.

Instant Vegetable Broth

There is also an instant, powdered vegetable broth available which is made up of many California vegetables. A teaspoon of this vegetable powder in a cup of hot tomato juice makes a delicious instant vegetable broth. This powder broth is also an excellent seasoning over salads, soups or anything which needs more flavour. I find it especially valuable in all lean cooking and for those who are on low salt diets.

Instant Hot Protein Broth

Place 2 teaspoons of the instant dry, skim milk powder and 1 teaspoon of celery-flavoured instant yeast in a cup, then fill with hot water and stir. Here is one of the finest hot drinks imaginable. Some say it tastes like cream of celery soup, others say it tastes like oyster stew, but the best part of it all is that it is lean. This makes an excellent good-night cup or a quick bracer during the afternoon.

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Instant Vitamin B Broth

Place 2 teaspoonfuls of celery-flavoured food yeast, the instant variety, and a pinch of vegetable salt into a cup and fill up with very hot water.

Instant Egg Broth

Place 1 fresh egg yolk, 1 heaped teaspoon of celery-flavoured instant yeast and a pinch of vegetable salt into a cup. Fill up with boiling hot water and stir. Wonderful tasting and most nutritious.

Quick Bortsch Soup

Mix $\frac{1}{2}$ cup of grated young beets into 3 cups of clear vegetable broth. Let cook for 20 minutes then add 1 cup of yoghurt, $\frac{1}{2}$ teaspoon of vegetable salt and a pinch of caraway seeds. Serve hot or cold.

COFFEE, SWISS COFFEE, CAFE ESPRESSO, TEA

We in the Americas, North and South, have the best coffee beans in the world, but we do not use them wisely. What was once an aromatic lean beverage has become a sugar-and-cream-laden concoction with which millions of Americans wash down their food. Yes, many thousands of Americans, who otherwise do not overeat, carry twenty or more pounds of excess weight around because of this sugar-and-cream habit. If you are one of these sugar-and-cream coffee drinkers, here's hoping I can help you break the habit.

Why not acquire the café au lait or Swiss coffee habit? Thus you get the mild stimulation of fresh coffee plus the nourishment of hot milk, and it requires very little or no sugar at all. Or learn to enjoy a cup of hot freshly brewed coffee as it is; you will be

surprised at how soon you will enjoy your cup of coffee clear, without extra calories. I find that more and more smart people the world over would not think of spoiling the aroma of coffee with cream and sugar.

The fight against the cream-and-sugar habit is also sweeping Europe. Café espresso is the strong black coffee the Italians have enjoyed for many years, even the small restaurants have their espresso machines and serve very small cups of flavoursome black coffee. I was delighted to see this coffee served not only in Italy but in Germany, the home of the fattening '*Schlag*', and in France, the home of sugared chicory coffee. Even in New York and Chicago you find espresso coffee being served, and the way people stand in line is a sign that they like this new coffee treat. It is quite strong, but there is so little of it Italians claim that its bitters aid digestion. The first time you drink espresso try a little natural sugar with it, but take less and less until you drink the fragrant brew as it comes out of the steaming machine

American Coffee

It can be made in many different ways, but I believe that the most flavoursome is drip coffee, made in one of those wonderful fire-proof glass pots Chemex, they are called, having been



invented by a chemist. There is no tin or aluminium to change the delicate flavour of freshly ground coffee. My morning cup of coffee is brought to me in one of these glass pots, and it is always fragrant and never bitter; all bitterness remains in the filtering paper. The next best method for making coffee is in the glass vacuum type of coffee maker, where the freshly boiled water goes just once through the freshly ground coffee and extracts only its aromatic flavour and not the bitter-tasting acids. Clear fragrant coffee is the reducer's delight and can be taken several times a day. Whenever coffee tastes bitter, it has been cooked or boiled too long, and that's why millions of people have acquired the fattening sugaring habit.

Swiss Coffee

Thousands of reducers enjoy this lean and delicious beverage. You simply fill a large cup half full of freshly made coffee, then fill the rest of the cup with hot skim milk. In Zurich, Switzerland, they pour coffee and milk at the same time, the coffee pot is in one hand and the milk pot in the other. Both streams meet in the cup and the result is a frothy cup of delicious brew which needs no sweetening or, if you must, just a bit of brown sugar or honey.

Instant Swiss Coffee

If you are a working girl you can simplify the whole procedure and make instant Swiss coffee. Simply put 2 to 3 teaspoonfuls of instant, dry lean milk and $\frac{1}{2}$ teaspoon of your favourite instant coffee into a cup. Fill the cup with hot water and stir. This is a most pleasant and easy-to-make drink.

Tea

Tea drinkers talk about themselves, and 'coffee drinkers talk about others—so goes a saying. I don't know if that is so, but

I do know that there are two distinct camps of coffee lovers and tea lovers, with violent reactions. There are many ways to make coffee, but there is only one way to make good tea. The water should be fresh, it should be 'singing', not boiled flat; the pot should be old-fashioned earthenware, or a modern glass pot. Metal pots change the flavour, say real tea connoisseurs. The hot water and the tea should steep in the pot for exactly 5 minutes and no more, to get all the flavour but not the tannic acids from the tea leaves. Such tea is delicious and can be drunk hot or cold to your heart's content. Drink it clear or with lemon, and if you must use a sweetener, try a little honey. A cup of tea with a teaspoonful of honey taken before dinner (at least 30 minutes, better one hour) is another way to curb a ravenous appetite.

Tea with Mint

In minted tea you can obtain the 'lift' of regular tea with the fragrance of dried mint. You simply combine $\frac{2}{3}$ of your favourite tea with $\frac{1}{3}$ of dried peppermint leaves. This makes a delicious between-meal or five-o'clock pick-up. My friend, the lovely Ann Astaire, who lived a long time in England and Ireland, has long enjoyed this tea and now serves it to her guests in Hollywood and I must say it is a wonderful drink.

Papaya tea, a century-old after-dinner digestive, is becoming more and more popular. The dried papaya leaves contain a digestive enzyme, a mixture of half papaya and half mint tea makes a delicious after-dinner drink or a wonderful good-night cup.

Rose-hip tea is the old standby in the Bircher-Benner Sanatorium in Switzerland. Rose hips are rich in vitamin C, and when steeped for 4 minutes make a beautiful and flavoursome pink drink.

Strawberry tea, made from the dried leaves of wild strawberries, makes an excellent brew, and tastes more like real tea. A teaspoon of dried leaves is simmered in boiling water for 3 minutes. Delicious when served with milk and honey.

If you are a chronic tea drinker, may I suggest that you acquire the excellent habit and mix your tea leaves with any one of the above fragrant and healthful herbs free of tannic acid.

VEGETABLE AND FRUIT JUICES— SUNSHINE COCKTAILS

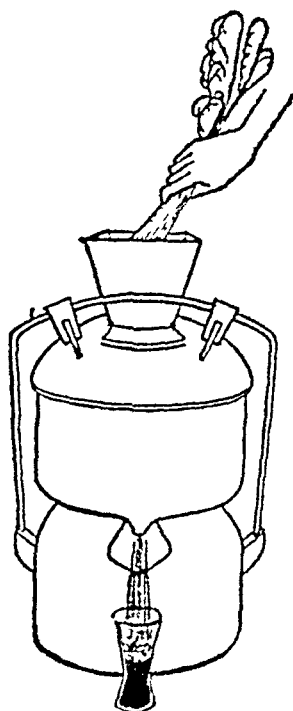
To make delicious strained vegetables and fruit juices you need one of the electric juice extractors. Use the freshest and youngest vegetables you can find—carrots and celery are great favourites. When a less flavoursome vegetable is used, it can always be combined with carrots, celery and apples. Also, you can use fresh, frozen or canned fruit juice for a base. Here are the juices most popular with my students the world over.

Golden Carrot Juice

Simply scrub the youngest and most golden-looking carrots you can find or, better still, use one of those steel sponges with which you clean your pots and pans. This removes only the thinnest layer of skin and not the vitamins which lie directly underneath. Put carrots in your electric juicer and watch the golden stream flow. Drink it at once. If it has to be made in advance, put at once in the refrigerator, and add a little orange juice to keep its golden colour. When you tire of carrot juice 'straight' you can mix it with any of your other favourite vegetables or fruits.

Celery Juice

This is the great favourite among men. You can use the dark green outside stalks for juice, and keep the tender inside ones for your finger salads. Dark green vegetables contain more vitamins than the pale ones. It is best not to use the celery leaves for juicing; they make the juice unpleasantly bitter. Feed the celery stalks slowly into your electric juicer and you will get



more juice. Fresh celery juice has a delicate green colour, and to make it more flavoursome you may add a few drops of lemon juice. Celery is a good 'mixer', and can be mixed with any of your favourite vegetable cocktails.

Fresh Tomato Juice

Sun-ripened juicy tomatoes make an interesting drink unlike anything you have ever tasted. Simply cut tomatoes into slices to fit your electric juicer. You will be amazed at the fresh taste of this juice. You can make it even tastier by adding a few drops of lemon juice; this also keeps its attractive colour. Fresh tomato juice makes an excellent appetizer or 'first course'. It tastes best when chilled, and to give it more taste add a little vegetable salt, and sprinkle the top with chopped chives or parsley. Fresh tomato juice contains lots of vitamin A, lots of vitamin C, and some vitamin B. Tomato juice could be called the 'poor man's citrus juice'.

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All-in-One Cocktail

Put equal amounts of green celery, golden carrots, and unpeeled apples into your electric juicer. This is one of the richest vitamin and mineral combinations and tastes delicious, and is a great favourite in 'health bars'. To keep this cocktail attractive looking and for more vitamin C, add a few drops of lemon juice. This is one of the favourite appetite curbers when taken an hour before dinner.

Apple Juice

Apple juice blends well with most vegetable juices, but is especially delicious with the above celery and carrot combination. That is why I introduced this fruit juice here. Apple juice is especially popular in England, Germany and France where citrus fruits are much too expensive. Do not peel apples for juicing, simply cut in pieces to fit your juicing machine. Fresh apple juice directly from the juicer tastes best, but to keep its pink or green colour you can add a few drops of lemon or orange juice. Fresh apple juice contains some vitamin A and B, but much more vitamin C and many desirable minerals. This juice is welcome any time, and it especially makes an ideal before-meal drink for waistline watchers.

Pineapple Juice

People are so used to the taste of canned pineapple juice that they are amazed to find how really delicious the juice of a fresh pineapple is. In the lucky countries where pineapples are cheap, fresh pineapple juice can be made in a jiffy. Simply cut, no need to peel, a yellow ripe pineapple into wedges small enough to fit into the opening of your electric juicer. And presto, out flows a real nectar of the gods. This juice gives you vitamin A, B and C plus nine needed minerals, including iodine. At your next cocktail party serve a pitcherful of this delicious juice to your waistline-watching friends (and who isn't). It will be a HIT. Or

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you can also make the combination which the Duchess of Windsor especially liked. Simply juice the pineapple and then put a small bunch of watercress through the juicer. This makes a light green 'spicy' combination containing the goodness of both the ripe pineapple and the mineral-rich vegetable.

Grape Juice

People come from all over the world to Merano, Italy, to take the 'grape-cure'. They eat the grapes right off the vines, and they drink the pure juice to their heart's content. Grapes are good sources of vitamin A, B, C, and large amounts of minerals. But as everybody knows, grapes are rich in fruit sugar, therefore a small glassful of grape juice taken before meals (1 hour or at least 30 minutes before) makes another one of those delicious hunger appeasers and prevents over-eating at mealtime. All grapes are good; simply drop them into your electric juicer and drink them as fresh as possible. A few drops of lemon will keep the natural colour of the juice in case you make it in advance.

SUNSHINE COCKTAILS

Chlorophyll de Luxe

'*Un giorno senza verdura e' un giorno senza sole*' So say the Italians, and how right they are. A day without green things is a day without sunshine. Have you ever thought of the way sun, soil, air and water unite to produce such sunshine leaves as dandelions, watercress, spinach, parsley and many others? They are the 'sun-cooked' foods made for our enjoyment, and when we use them fresh and 'alive', as we do in our sunshine cocktails, they can be of immense value to the millions of vitamin-and-mineral starved overweighters. So we extract the 'blood of the plant' and make potent sunshine cocktails. The whole world went chlorophyll crazy when the value of this green substance was discovered, and as I prepared sunshine cocktails for my viewers

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on television, I often said, 'Isn't it funny, we put chlorophyll in toothpaste, in tablets, in shoe soles—why don't we just take it in its most delicious form in salads and green juices?' You get much more than just chlorophyll at its best when you use 'sun-cooked' leaves

A handful of green parsley, that unpretentious plant, is the richest source of vitamin A in the vegetable kingdom, it also gives you some vitamin B, lots of vitamin C, and even some vitamin E, and it is rich in minerals, especially iron. I find that most people like the taste of fresh parsley.

A handful of fresh green spinach contains lots of vitamin A, C, a good amount of E, and even some B. Spinach is rich in minerals, from potassium to iodine. Although the calcium in spinach is not assimilated it is still a very valuable 'wonder green'. Not everybody likes the taste of fresh spinach; it needs blending with other flavoursome juices.

A handful of fresh green watercress provides you with a valuable blend of vitamins A, C, some B and E and G, plus the extra benefits of nine minerals, including the 'beauty chemical' iodine.

A handful of common dandelions can enrich your menu with lots of vitamin A, lots of vitamin B and some vitamin C, plus many minerals, including potassium, calcium and iron. Italians love this delicious and mildly bitter green; it is not used enough in other countries.

Sunshine-Orange

Place 1 cup of orange juice (fresh, frozen or canned), one handful of green leaves—your choice of parsley, spinach or lettuce—into your electric blender and mix for a minute and a half. Put mixture through strainer to remove cellulose and drink at once.

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Sunshine-Grapefruit

Place 1 cup of unsweetened grapefruit juice (fresh, frozen or canned) and one handful of green celery and parsley (half and half) into your electric gadget and mix for a minute and a half. Put through strainer to remove cellulose and enjoy at once.

Sunshine-Pineapple

Put 1 cup of unsweetened pineapple juice (fresh, frozen or canned) and a handful of watercress into electric liquefier and mix for a minute and a half. Strain to remove cellulose and drink at once.

Sunshine-Apple

Put 1 cup of apple juice (fresh, frozen or bottled) and three dark green outside stalks of celery and a bit of parsley into electric blender. Let mix for one minute and a half. Strain to remove cellulose and drink at once.

Sunshine-Tomato

Place 1 cup of tomato juice and a handful of mixed greens (parsley, celery and green peppers are delicious) into electric gadget and mix for a minute and a half. Strain to remove cellulose. Add a pinch of vegetable salt, a few drops of lemon and chill. This makes a delicious first course, it is actually a liquid salad.

Beauty Farm Cocktail

Here is a great favourite served on beauty farms. Put 1 cup of grapefruit juice, $\frac{1}{2}$ cup of young tender rhubarb and half a cup of strawberries into liquefier. Mix for a minute and a half. Strain and sweeten with a teaspoonful of molasses. I call this a delicious version of Grandmother's evil-tasting sulphur and molasses spring tonic.

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Any kind of garden green leaves in any kind of fresh, frozen or canned fruit or vegetable juice makes tasty sunshine cocktails. You can use the outside leaves of lettuce, celery, cabbage; they are the richest in vitamins and are usually thrown away Grind them up into tomato or fruit juice with a bit of green pepper and a dash of herbs, and you have an amazing first-course appetizer—another liquid salad

A million-dollar tip to canners of fruit and vegetable juices. You have given us delicious natural unsweetened fruit juices, wonderful combinations of vegetable juices Why not make for the thousands of big boys and girls who just haven't the time to mix and strain, a 'sunshine cocktail' combining the deliciousness of fruit juices with the wonderful qualities of green leaves—a chlorophyll cocktail, or, when taken before meals, a slim cocktail, if you please!

DELICIOUS MILK SHAKES FOR SLIMMING

Skim milk in fluid form has long been on the market It was the intelligent reducer's best ally. There was only one big drawback—it didn't look very appetizing and it tasted flat Now there is new excitement in the dairy world again—almost as much as when I introduced Americans to yoghurt. Some clever chemist has invented a truly wonderful instant dry milk powder which actually looks and tastes delicious; no more lumps, no more shaking and mixing, just pour hot or cold water over the powder and, presto, there is a drink that tastes practically as good as fresh milk. I am especially excited about this new instant dry skim milk powder because when you mix it with ordinary fluid skim milk it makes a good-looking protein-rich and really good-tasting milk shake, and to make it even more pleasant you may add any flavour your heart desires. When served cool from the refrigerator these milk shakes are at their best

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Vanilla Milk Shake

You simply put 2 tablespoons of the instant dry milk powder into 1 pint of fluid skim milk and add a few drops of vanilla. A glass of such a milk shake serves as a wonderful bracer between meals. It helps to keep your energy and spirits high. You also can use this double protein-rich milk in your Swiss coffee—by simply substituting this double milk for cream and sugar in coffee. One of my students who does so has lost twenty pounds in excess weight, and three-and-a-half inches around the hips.

Here are some other easy-to-make combinations to get you started. Try them all.

Cinnamon Milk Shake

Put 2 tablespoons of instant skim milk powder into 1 pint of fluid skim milk and add $\frac{1}{4}$ teaspoon of powdered cinnamon. Put in refrigerator. Shake before using.

Nutmeg Milk Shake

To 1 pint of fresh skim milk you add 2 tablespoons of instant dry skim milk powder and $\frac{1}{4}$ teaspoon of powdered nutmeg. Keep in refrigerator and shake before using.

Ginger Milk Shake

For a spicy combination put 2 tablespoons of instant dry skim milk powder into 1 pint of fluid skim milk and $\frac{1}{4}$ teaspoon of powdered ginger. Place in refrigerator and shake before using.

Banana Milk Shake

Mix 1 pint of fluid skim milk, 2 tablespoons of instant dry skim milk powder, and add a few drops of natural banana flavouring. Place in refrigerator and shake before using.

Caramel Milk Shake

A few drops of caramel flavouring added to a pint of fresh skim milk and 2 tablespoons of instant dry skim milk powder makes a flavoursome combination. Refrigerate and shake before using

Instant Coffee Milk Shake

Mix 1 teaspoon of instant coffee with 1 pint of fluid skim milk and 2 tablespoons of instant dry skim milk powder. Refrigerate and shake well before using.

Orange or Lemon Milk Shake

Half a teaspoon of grated orange or lemon peel added to 1 pint of fresh skim milk and 2 tablespoons of instant dry skim milk powder makes a refreshing combination. Refrigerate and shake before using

The above milk shakes are lean and absolutely delicious. If sweetening is desired, use minimum of brown sugar or honey.

Liquorice Milk Shake

Here's a new and interesting combination. Most people like the flavour of this new sweet. Put 2 tablespoons of instant dry skim milk powder and 1 teaspoon of real liquorice into 1 pint of fluid skim milk and shake. This can also be served hot, as a delicious good-night cup.

Chocolate Milk Shake

Mix 2 tablespoons of instant dry skim milk powder and 1 teaspoon of melted chocolate into 1 pint of fluid skim milk. Since too much chocolate could prevent calcium from being assimilated, use it sparingly. Place in refrigerator and shake well before using

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Molasses Milk Shake

Into 1 pint of fluid skim milk mix 2 teaspoons of unsulphured molasses and 2 tablespoons of instant dry skim milk powder. Refrigerate and shake well before using. This also makes a delicious hot good-night cup, better than a coffee substitute.

Milk Shakes Unlimited

With a little practice, you can make a different mixture for practically every day in the year. Always use the same base: 2 tablespoons of instant dry skim milk powder and 1 pint of fluid skim milk. Remember that this gives you 25 grams of good protein; and besides that, it has been found that the taking of milk drinks between meals is the best and surest way to keep the stomach happy and contented. When fruits are in season, do not hesitate to mix a tablespoon of any of your favourite ripe fruits into this milk combination. They are delicious and satisfying.

MAKE YOUR OWN SKIM MILK

Put a bottle of whole milk (not homogenized) in the refrigerator until the cream comes to the top. Then pour the cream off, or, still better, siphon off (use the same rubber bulb and tube you use to take fat off gravy)—most of the fat can be removed in this way.

Lean Milk

To make skim milk really good tasting put 2 tablespoons of that instant dry skim milk into 1 pint of fresh fluid skim milk. For variety give it a different flavour every time you make it. Try the following flavourings: a few drops of vanilla, caramel or banana; at other times add a bit of cinnamon, nutmeg, and, if you need a sweet, use a bit of dark molasses or honey. Keep in refrigerator. This is a wonderful between-meal drink and you can have a whole pint a day.

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Lean Yoghurt

The best lean yoghurt I ever tasted was in Paris and Buenos Aires. It tastes just as good as a yoghurt with the cream. It has the same protein value and only half of the 'fattening properties'. One of the biggest New York dairies is now contemplating making such a low-fat yoghurt. I wish that all dairies across the world would make it for my students. If there is as yet no low-fat yoghurt in your city, I suggest that you eat only $\frac{1}{2}$ cup (4 oz) of the whole-milk yoghurt wherever lean yoghurt is suggested in the menus, or you might mix your whole milk yoghurt with fluid skim milk, half-and-half, until the dairy in your city can supply you with the new lean yoghurt.

How to Make Lean Yoghurt

If you live in a town where yoghurt is unavailable, you can make your own. Simply buy a small bottle of real yoghurt culture in your nearest health or special food shop. You mix this culture into a pint of good warm lean milk. Keep it good and warm for six hours and the milk becomes custardy and delicious. From this first batch you can continue to make real yoghurt for a whole month. There is also a new product on the market which makes creamy and low-fat yoghurt every time. This is a dry milk powder with just the right amount of ferments and all you add is the culture and hot water. If you have a big family and wish to make lots of yoghurt you can get a simple inexpensive yoghurt maker which makes yoghurt practically automatically.

Wonderful Good-Night Cup

If coffee keeps you awake or if your doctor has forbidden you to drink coffee, try this delicious and simple drink. I prefer it much to the many so-called coffee substitutes. It is so very easy to make and contains protein, calcium and iron—a wonderful combination for a good-night cup. Simply stir 2 teaspoonfuls of

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unsulphured molasses into 1 cup of very hot lean milk, and to bring up the flavour add just a pinch of salt. You too will find this a nutritious drink, inexpensive, no caffeine and no sheep to count. If you do not have the fresh lean milk, by all means use the instant dry variety.

FOR QUICK ENERGY

Here's a million-dollar tip for working girls. If you cannot go out during mid-morning or mid-afternoon, be sure to keep a bottle of unsulphured molasses in your office. When the boss is not looking take 2 teaspoons of it plain, or, still better, in a glass of hot water—a wonderful between-meal pickup, without a letdown.

Orange Milk Shake

This is a delicious drink and could be made at any milk-bar. Simply ask the man to put 2 teaspoons of that instant dry skim milk into a small glass of orange juice. This is a wonderful picker-upper if you get hungry while out shopping.

Pepcocktail

Put 1 fresh egg yolk into 4-oz glass of orange juice and beat with a fork until smooth. This gives quick energy and real nourishment.

Fortified Tomato Juice

Mix 1 teaspoon of instant celery-flavoured yeast into 4-oz glass of tomato juice (can be hot or cold). This makes a wonderful appetizer or in-between-meal bracer.

Lion's Cup

When a lion catches his prey, the first thing he eats is the liver—fresh liver is becoming more and more popular and, unfortunately, more and more expensive, unless you use lamb liver.

Many doctors now insist that run-down, tired and anæmic people who need lean nourishment quickly be given fresh, raw liver. Wonderful as liver is, to eat it raw is almost impossible! However, if you have one of those electric mixers you can make a liver tonic quickly. Simply put 1 cup of tomato juice or vegetable broth in your electric mixer and add 1 tablespoon of fresh liver, a handful of parsley, 1 tablespoon of celery-flavoured yeast and a large slice of onion. Mix until smooth and drink at once before it gets a chance to settle. There will be no taste of liver and it does really wonderful things. That is why I call it Lion's Cup.

SPECIALITY FOOD SHOPS

Throughout this book I speak of natural wholesome foods—whole-grain breads, natural sugars, honey, unsulphured molasses, herbs, sweet spices, vegetable salts and non-irritating seasonings. For all these you should go to your local health or special diet shops. They may be listed in your telephone directory. In some cities department stores now have special dietetic departments. Keep on looking until you find the best source of supply in your neighbourhood. These same stores can also supply you with the best varieties of wheat germ, corn germ, instant skim milk, instant food yeast, natural herbal laxatives, yoghurt cultures, vegetable thickeners, real liquorice, the new meat tenderizer, vitamins and minerals. Many department stores now also sell the different electric kitchen gadgets which are great time savers. Look at the blenders, the Fletcherizers, the snitzlers, which cut vegetables fine without mashing them; also see the different types of vegetable-juice extractors. While you are out shopping for health, you may also obtain the other Gayelord Hauser books for your library.

Diet Does It is a basic book which will help you solve many dietetic problems, and of course there is the *Gayelord Hauser Cook Book*, which belongs in every kitchen. Both are published by the publishers of this book.

SPECIAL DIETS

MENUS FOR CALORIE COUNTERS

Wherever I travel—North America, South America, Africa, Europe—I hear rumblings of revolt against calorie counting. ‘You Americans are such prohibitionists,’ a woman said to me in Casablanca. ‘First you prohibited liquor. Now you come along with your prohibiting diets, all calculated in calories “Eat this, don’t eat that” You saw what happened during alcohol prohibition Don’t you know that the more you limit people’s diets, the more they will overeat?’

Madame had a point, and I admitted it. However, my students know that even in the old days when I was working that over-worked word ‘diet’ to death my menus were most liberal. The only strict limitation I recommended was declaring a holiday once a year (preferably in the springtime) and going on my Seven-Day Elimination Diet of Nature’s choicest, freshest, juiciest fruits and vegetables. I still believe in this annual ‘spring cleaning’ for the inner man, and I highly recommend such a health holiday to my new readers. You will find it discussed in detail in my book *Diet Does It*.

And just in case you are that unusual person, the overweighter who likes so-called regimented eating and actually *enjoys* counting calories, here are a week’s menus, all carefully tabulated, which have been followed by my students with success.

Yes and No Guide to Intelligent Eating

MONDAY (1,329 calories)

		<i>Calories</i>
<i>Breakfast</i>	1 glass tangerine juice	95
	2 slices lean bacon	96
	1 slice whole-wheat toast	55
<i>Luncheon</i>	Fruit salad Cut up $\frac{1}{2}$ small apple, $\frac{1}{2}$ small orange and 2 apricots Serve on lettuce with dressing of 2 tablespoons each of lemon and pineapple juice	59
	2 rye biscuits	55
	1 glass buttermilk with 1 tablespoon food yeast	108
<i>Mid-afternoon</i>	1 glass fortified skim milk	163
<i>Dinner</i>	Sunshine salad Chop and toss together $\frac{1}{2}$ large carrot, $\frac{1}{2}$ green pepper, 2 tender celery stalks, 1 leaf escarole and $\frac{1}{4}$ cup cabbage Serve with 3 tablespoons pineapple juice	50
	2 lean hamburgers	394
	$\frac{1}{2}$ cup green lima beans	76
	2 plums	58
<i>Bedtime</i>	1 glass lean yoghurt	120

TUESDAY (1,318 calories)

<i>Breakfast</i>	$\frac{1}{2}$ large grapefruit	104
	1 poached egg	77
	1 slice lean bacon	48
	1 slice whole-wheat toast	55
<i>Luncheon</i>	Fruit salad Mix $\frac{1}{2}$ cup blackberries, 2 diced apricots, $\frac{1}{2}$ cup watercress, 1 tablespoon chopped parsley, and serve on leaf of escarole with dressing of 1 tablespoon each of lemon and pineapple juice	110
	2 rye biscuits	55

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		Calories
	1 glass buttermilk with 1 tablespoon food yeast	108
Mid-afternoon	1 glass tomato juice with 1 tablespoon food yeast	72
Dinner	Sunshine salad Cut up $\frac{1}{2}$ large carrot, $\frac{1}{2}$ green pepper, 2 tender celery stalks, $\frac{1}{4}$ cup cabbage Serve on escarole leaf with 1 tablespoon lemon juice, 1 tablespoon cider vinegar, and 1 teaspoon olive oil	85
	1 lean lamb chop	231
	1 cup mustard greens	31
	1 slice whole-wheat bread	55
	$\frac{1}{2}$ pat butter	25
	1 medium watermelon wedge	120
Bedtime	1 glass lean yoghurt with 1 tablespoon food yeast	142
WEDNESDAY (1,534 calories)		
Breakfast	1 large orange	106
	Flaked wheat-germ cereal	205
Luncheon	Pompeian salad Dice $\frac{1}{4}$ cantaloup and divide $\frac{1}{4}$ large grapefruit into small sections Dip fruit into mixture of 1 teaspoon honey and 2 tablespoons pineapple juice and roll in wheat germ Mix remaining wheat germ and juice into salad and serve on bed of lettuce	160
	1 small rye wafer	21
	1 glass buttermilk with 1 tablespoon food yeast	108
Mid-afternoon	1 glass fortified skim milk	163
Dinner	Choline salad. Mix 2 tablespoons wheat germ with 6 quickly cooked asparagus	

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		Calories
	tips and $\frac{3}{4}$ cup string beans Serve with 1 tablespoon each lemon juice and cider vinegar and 1 teaspoon olive oil	106
	3 slices broiled calf liver	217
	1 medium baked sweet potato	183
	1 pat butter	50
	1 fresh pear	95
<i>Bedtime</i>	1 glass lean yoghurt	120
THURSDAY (1,355 calories)		
<i>Breakfast</i>	1 glass orange juice	108
	1 poached egg	77
	1 slice whole-wheat toast	55
<i>Luncheon</i>	Chlorophyll salad Chop together $\frac{1}{4}$ cup tur- nip greens, $\frac{1}{4}$ cup dandelion greens, $\frac{1}{2}$ cup watercress, and 1 green pepper Serve with 1 tablespoon each lemon juice and cider vinegar and 1 teaspoon olive oil	74
	2 rye biscuits	55
<i>Mid-afternoon</i>	1 glass buttermilk with 1 tablespoon food yeast	108
<i>Dinner</i>	French green salad Chop together escarole leaf, stalk of French endive, $\frac{1}{2}$ cup water- cress, $\frac{1}{4}$ cup parsley, 2 tender stalks celery, $\frac{1}{4}$ cup cabbage Serve with $\frac{1}{4}$ teaspoon honey, $\frac{1}{2}$ tablespoon lemon juice, and pinch of vegetable salt added to 4 table- spoons fat-free yoghurt	81
	$\frac{1}{2}$ broiled chicken	332
	1 cup cut asparagus tips	36
	$\frac{1}{4}$ pint vanilla ice cream	146
<i>Bedtime</i>	1 glass lean yoghurt	120

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FRIDAY (1,333 calories)

		Calories
<i>Breakfast</i>	1 large orange	106
	1 poached egg	77
	1 slice whole-wheat toast	55
<i>Luncheon</i>	Lobster salad Shred $\frac{1}{2}$ cup lobster meat and chop up $\frac{1}{2}$ cup watercress, $\frac{1}{4}$ cup parsley, and 2 tender stalks celery Toss together and serve with 1 tablespoon each lemon juice and cider vinegar and 1 teaspoon olive oil	128
	2 rye biscuits	55
	1 glass buttermilk with 1 tablespoon food yeast	108
<i>Mid-afternoon</i>	1 glass fortified skim milk with 1 teaspoon molasses	186
<i>Dinner</i>	Sunshine salad Chop up 2 small carrots, 2 small beets, $\frac{1}{2}$ cup cabbage, and $\frac{1}{2}$ cup celery Serve with dressing of $\frac{1}{4}$ teaspoon honey, $\frac{1}{2}$ teaspoon lemon juice, and pinch of vegetable salt added to 4 tablespoons fat-free yoghurt	175
	1 cup gluten spaghetti with a sauce of $\frac{1}{2}$ tablespoon chopped onion, 1 tablespoon chopped parsley, 2 cups tomatoes, 4 tablespoons flour, and 4 tablespoons butter Simmer onion and parsley in tomatoes for ten minutes Melt butter slowly, blend with flour, add hot tomatoes and cook in double boiler until mixture thickens Use $\frac{1}{4}$ cup of sauce to each cup spaghetti	277
	1 medium peach	46
<i>Bedtime</i>	1 glass lean yoghurt	120

SATURDAY (1,324 calories)

<i>Breakfast</i>	1 large orange	106
	$\frac{1}{4}$ cup all-bran cereal and $\frac{1}{4}$ cup wheat germ with $\frac{1}{2}$ glass skim milk and a little molasses	151

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		Calories
<i>Luncheon</i>	Garden salad Chop together 2 small carrots, 2 small beets, $\frac{1}{2}$ cup cabbage, and $\frac{1}{2}$ cup celery Serve with $\frac{1}{4}$ teaspoon honey, $\frac{1}{2}$ teaspoon lemon juice, and pinch of vegetable salt added to 4 tablespoons fat-free yoghurt	140
	1 slice whole-wheat bread	55
	$\frac{1}{2}$ pat butter	25
	1 glass buttermilk with 1 tablespoon food yeast	108
<i>Mid-afternoon</i>	1 glass fortified skim milk with 1 teaspoon molasses	186
<i>Dinner</i>	Green salad $\frac{1}{4}$ cup turnip greens, $\frac{1}{4}$ cup dandelion greens, $\frac{1}{4}$ cup watercress, and 1 sliced green pepper tossed together and marinated with 1 tablespoon each lemon juice and cider vinegar and 1 teaspoon olive oil	73
	1 medium sirloin steak	245
	1 cup mustard greens	31
	$\frac{1}{2}$ cup blackberries with $\frac{1}{2}$ cup skim milk	84
<i>Bedtime</i>	1 glass lean yoghurt	120
SUNDAY (1,303 calories)		
<i>Breakfast</i>	$\frac{1}{2}$ large grapefruit	104
	1 poached egg	77
	1 slice whole-wheat toast	55
<i>Luncheon</i>	Mushroom salad Sauté 10 large mushrooms in $\frac{1}{2}$ tablespoon oil Slice and mix with $\frac{1}{2}$ cup each chopped watercress and shredded cabbage Serve with lemon juice and cider vinegar	81
	2 rye biscuits	55
	1 glass buttermilk with 1 tablespoon food yeast	108

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		<i>Calories</i>
<i>Mid-afternoon</i>	1 glass fortified skim milk	163
<i>Dinner</i>	Sunshine salad: Cut $\frac{1}{2}$ large carrot, $\frac{1}{2}$ green pepper, 2 tender stalks celery, and $\frac{1}{4}$ cup cabbage into strings and marinate with 2 tablespoons pineapple juice	49
	$\frac{1}{2}$ broiled chicken	332
	1 medium baked potato	97
	$\frac{1}{2}$ pat butter	25
	$\frac{1}{2}$ cantaloup melon	37
<i>Bedtime</i>	1 glass lean yoghurt	120

Recipe for fortified skim milk —Put a little less than a quart of fresh skim milk into an electric mixer and add a scant half cup of dried skim milk. Also add 2 tablespoons instant food yeast and 1 tablespoon black molasses. Mix well until frothy.

Beverages —You can add one or two cups of clear coffee or tea to any of the above meals.

ONE-DAY REST CURE

If you want to spend your day lazily in bed without stirring from your bedroom, giving your 'inner man' a feast of vitamins, minerals, easy-to-digest proteins, here's how.

BREAKFAST Whenever you want it—your choice peppermint tea, any leaf tea, strawberry tea or Swiss coffee made with lean milk. (No cream today, let the gall-bladder rest.)

MID-MORNING If hungry during the morning—your choice. fortified tomato juice or sauerkraut and tomato juice (half and half) or celery juice or carrot juice or liquid salad or fortified lean milk.

LUNCHEON Any time you like—you are no slave to time today.
Hot clear broth or liquid salad

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Large salad.

Your choice of: any fresh vegetables, chopped very fine, with yoghurt dressing (the finer you chop it the less work for the 'inner man') or sauerkraut salad sprinkled with lemon and caraway seeds, or glass of yoghurt.

Hot beverage, as for breakfast.

MID-AFTERNOON Same as mid-morning, or hot tea with lemon—try some of the fragrant herb teas

DINNER: Liquid salad or hot broth

Four tablespoons fresh cottage cheese sprinkled with chives or parsley or green onions or caraway seeds (a bit of lemon if desired), or large finely chopped carrot salad with $\frac{1}{2}$ cup yoghurt dressing

Beverage. your choice of fortified milk, yoghurt, herb tea or Swiss coffee

BEDTIME Your vitamin and mineral tablets as prescribed by your doctor or dietitian, with a lean milk shake or hot high-protein broth

'EMERGENCY' DIETS

A world-famous tenor wired me, 'I must lose ten pounds in ten days, can you help me?' 'Sorry,' I wired back, 'I am not your man.'

I do not believe in such fast weight reductions. I believe that the only sure and sane way to reduce is to re-train and normalize the appetite by eating wholesome natural foods. Gradual weight reduction will follow as night follows day. However, I am often besieged by friends and students, especially those in the theatre, who find themselves in emergencies. There are times when a job is at stake, a role must be played or a dress must be worn and pounds have to be shed in record time. But I am still not your man. Drastic weight reduction should be undertaken only with the co-operation of your doctor who knows your problem.

If an emergency arises for reducing more quickly and you

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have your doctor's permission, this is how they do it in Hollywood. It is quite easy, but the régime should not last more than a week or ten days. Breakfast is always the same. fresh fruit, two eggs any way but fried, one thin slice of high-protein toast lightly buttered and black coffee. The mid-morning snack consists of fortified tomato juice. You simply stir two teaspoonfuls of food yeast into a cup of tomato juice and take it hot or cold. At lunch you have your choice of a good helping of cold roast beef, cold chicken, cold roast veal or any other lean meat. With this you eat a large, ripe tomato (no salad dressing) and clear tea can be used as a beverage. In the mid-afternoon you may eat an apple, pear or orange. At dinner you eat finger salad, fresh raw vegetables cut up in strips such as celery, carrots, green peppers and others you find in your market. These are eaten with just a bit of vegetable salt (no dressing), a generous helping of lean meat, liver, fish, chicken, etc. This is the biggest part of the dinner and with it you eat a large helping of any short-cooked green vegetable—only one teaspoon of butter, or, still better, soya or peanut oil, can be used with these vegetables. The dessert is always fresh or broiled grapefruit and you may end the meal with a cup of coffee or tea. If hungry, before retiring, you may take a glass of buttermilk or yoghurt. Be sure and take your vitamin and mineral concentrate your doctor prescribed.

Here's how the Hollywood Diet looks when arranged in menus. You can repeat these menus, but not for more than a week or ten days at a time. Let your doctor be your judge.

And here are two more Hollywood inventions—the One-Day Liquid Diet and the One-Day Beauty Diet. These are often used by movie stars as an emergency measure against overeating. Such one-day 'rest cures' are also given on beauty farms together with much rest and relaxation in the open air.

HOLLYWOOD DIET

BREAKFAST

$\frac{1}{2}$ grapefruit
2 fresh eggs

BREAKFAST

1 sliced orange
2 fresh poached eggs

BREAKFAST

$\frac{1}{2}$ grapefruit
2 eggs, scrambled

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BREAKFAST	BREAKFAST	BREAKFAST
1 thin slice high-protein bread	1 thin slice high protein bread	with lean milk
Black coffee	Black coffee	1 thin slice high-protein toast
		Black coffee
MID-MORNING	MID-MORNING	MID-MORNING
Glass fortified tomato juice (hot or cold)	Glass fortified tomato juice (hot or cold)	Glass fortified tomato juice (hot or cold)
LUNCH	LUNCH	LUNCH
3 slices cold roast veal	2 slices cold roast beef	Cold roast chicken breast
Large tomato	Large tomato	Large tomato
Tea	Tea	
MID-AFTERNOON	MID-AFTERNOON	MID-AFTERNOON
Fresh pear	One apple	One orange
DINNER	DINNER	DINNER
Finger salad	Finger salad	Finger salad
2 lean lamb chops	Broiled half chicken	Steak Tartare on rye bread
Short-cooked spinach	Short-cooked beet greens	$\frac{1}{2}$ grapefruit
$\frac{1}{2}$ grapefruit	Broiled grapefruit	Demitasse
Demitasse	Demitasse	
BEFORE RETIRING	BEFORE RETIRING	BEFORE RETIRING
Glass of buttermilk	Glass of yoghurt	Glass of buttermilk

ONE-DAY LIQUID DIET

BREAKFAST

1 large glass orange or grapefruit juice
1 cup black coffee

MID-MORNING

Your choice of 1 large glass celery, carrot, or apple juice or all three combined. If no fresh vegetable juices are available, drink orange or grapefruit juice instead.

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LUNCHEON

2 cups vegetable broth
1 glass buttermilk or yoghurt

MID-AFTERNOON

Your choice of 1 large glass celery, carrot, or apple juice or all three combined. If no fresh vegetable juices are available drink orange or grapefruit juice

DINNER

Vegetable broth (all you want)
1 glass yoghurt or buttermilk
Demitasse

ONE-DAY BEAUTY DIET

BREAKFAST

Sliced orange or $\frac{1}{2}$ grapefruit
Black coffee

MID-MORNING

Your choice of any fresh fruit (except bananas)

LUNCHEON

Chopped carrot and cottage cheese salad sprinkled with lemon
(no oil dressing)
1 cup vegetable broth

MID-AFTERNOON

Your choice of any fresh fruit (except bananas)

DINNER

Spinach, short-cooked and sprinkled with lemon
Fresh fruit salad
Demitasse

BEFORE RETIRING

If hungry, more fruit or fruit juice

CORNELL REDUCING DIET

Dr. Margaret Ohlson of Michigan State College created an interesting and very helpful combination of foods, she calls hers the moderate fat diet. Like me, she believes it important to include some fat on a reducing diet. Fats are digested slowly and, eaten in the combination with good proteins, their slow burning keeps the blood sugar at a high level, so that no tiredness or hunger pains are experienced. This new idea of including some fats in reducing diets has been so successful that Cornell University has adopted Dr. Ohlson's diet, and with excellent results. It should be interesting to my students that this particular diet also depends entirely upon wholesome foods for its results. There are no tricks whatsoever. The students who followed the famous Cornell diet were from twenty to fifty pounds overweight. They reported that they felt fine and that the menus were satisfying. They lost two pounds or more a week without being hungry. And, what is more important, six months after they went off the Cornell diet most of them did not become overweights again. The Cornell plan for one day looks something like this.

BREAKFAST

- 4 oz. citrus juice or the whole fruit
- 1 egg
- 1 slice of whole-grain bread
- 1 tsp. of butter or margarine
- $\frac{3}{4}$ cup whole milk

LUNCHEON

- 4 oz. meat—chicken, veal, liver or fish
- 1 cooked vegetable—no peas, corn, potatoes or lima beans
- $\frac{3}{4}$ cup whole milk

DINNER

- 4 oz. meat—liver, chicken or fish
- 1 cooked vegetable—no peas, corn, potatoes or lima beans

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$\frac{1}{2}$ cup fresh fruit or water-packed compote
 $\frac{3}{4}$ cup whole milk

This certainly is a nutritious, well-balanced diet and a big improvement over the old-fashioned, low-protein and no-fat diets. However, I am convinced that between-meal breaks, especially the lean milk drinks, give a greater amount of energy during working hours and prevent temptation to overeat at mealtime.

YOUR EASY KEY TO CALORIES AND THE YES AND NO FOODS

YES means it is a good food YES, YES indicates by all means use the food *generously* YES and NO means let your waistline and your conscience be your guide NO means you are better off without these and NO, NO means those foods are trouble-makers. 'Food Units' are explained on page 87.

<i>Food</i>	<i>Amount</i>	<i>Calories or Food Units</i>	
Apple—fresh	1 medium	75	YES
baked	1 medium	150	YES & NO
Apple—juice, fresh	$\frac{1}{2}$ cup	50	YES
Apple sauce (home-made)			
sweetened	$\frac{1}{2}$ cup	100	YES & NO
unsweetened	$\frac{1}{2}$ cup	50	YES
Apricots—fresh	3 medium	50	YES
canned	$\frac{1}{2}$ cup	100	YES & NO
dried, stewed	$\frac{1}{2}$ cup	100	YES & NO
Artichokes—green	1 large	100	YES
root, Jerusalem	6 medium	100	YES, YES
Asparagus, fresh	6 spears	12	YES, YES
Avocado pear	1 average	400	NO
Bacon, broiled very crisp	1 slice	50	YES & NO
Bananas	1 medium	100	YES & NO
Bean sprouts, Chinese	$\frac{1}{2}$ cup	12	YES, YES

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<i>Food</i>	<i>Amount</i>	<i>Calories or Food Units</i>	
Beans—dried, cooked	$\frac{1}{2}$ cup	120	YES & NO
lima	$\frac{1}{2}$ cup	120	YES & NO
soya	$\frac{1}{2}$ cup	108	YES
string, green or yel-			
low	$\frac{1}{2}$ cup	12	YES, YES
Beef, lean	4 oz	260	YES
Beer, light	8 oz bottle	125	NO
Beets—fresh	$\frac{1}{2}$ cup	25	YES, YES
tops	$\frac{1}{2}$ cup	12	YES, YES
Blackberries, fresh	$\frac{1}{2}$ cup	100	YES
Bilberries, fresh	$\frac{1}{2}$ cup	50	YES
Boullion cubes, chicken, etc	1	0	YES, YES
Bran, all bran	1 cup	115	YES
Bread—whole-wheat	1 slice	55	YES
high-protein	1 slice	50	YES, YES
white	1 slice	65	NO
rye	1 slice	55	YES
Broccoli	$\frac{1}{2}$ cup	12	YES, YES
Brussels sprouts, short cooked	$\frac{1}{2}$ cup	25	YES, YES
Butter, fresh	1 teaspoon	50	YES & NO
Buttermilk	1 glass	85	YES, YES
Cabbage, white or red	$\frac{1}{2}$ cup	12	YES, YES
Cantaloup melon	$\frac{1}{2}$ medium	35	YES, YES
Carrots, fresh	1 medium	25	YES, YES
Cauliflower	$\frac{1}{2}$ cup	12	YES, YES
Chard, leaves and stalks	$\frac{1}{2}$ cup	12	YES, YES
Celery	$\frac{1}{2}$ cup	12	YES, YES
Cheese—American	1 oz	100	YES
Brie	1 oz	100	YES
Camembert	1 oz	100	YES
Cottage	$\frac{1}{2}$ cup	100	YES, YES
Holland	1 oz	100	YES
Parmesan, Italian	1 oz	100	YES
Roquefort	1 oz	100	YES
Swiss, imported	1 oz	100	YES
Cherries, red	$\frac{1}{2}$ cup	100	YES
Chicken—broiled breast	$\frac{1}{2}$ medium	100	YES, YES
livers	4 average	120	YES, YES

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<i>Food</i>	<i>Amount</i>	<i>Calories or Food Units</i>	
Chicken—roast breast	$\frac{1}{2}$	110	YES
roast leg	1 average	90	YES
roast thigh	1 average	95	YES
soup—clear	1 cup	100	YES
Chili sauce	1 tablespoon	20	YES
Cider, sweet	$\frac{1}{2}$ cup	50	YES
Clams	4 oz.	100	YES, YES
Coffee—clear	1 cup	0	YES
Swiss	1 large cup	40	YES, YES
Codfish	4 oz	100	YES
Cola drinks (all kinds)	8 oz	105	No, No
Corn, young	1 ear	100	YES & No
Maize scones	1	100	YES & No
Cornflakes	1 cup	100	No
Crabmeat	4 oz	100	YES, YES
Cranberries, raw	$\frac{1}{2}$ cup	25	YES
Cranberry sauce, sweetened	$\frac{1}{2}$ cup	275	No
Cream, whipping	1 tablespoon	50	No
Cucumbers, unpeeled	10 slices	10	YES, YES
Dandelion greens	$\frac{1}{2}$ cup	12	YES, YES
Dates, dried	6 dates	100	No
Doughnuts	1	150	No, No
Duck	4 oz	350	No
Eggplant, unpeeled	$\frac{1}{2}$ cup	25	YES, YES
Eggs—fresh	1 medium	75	YES, YES
yolk	1	50	YES, YES
Endive	$\frac{1}{2}$ cup	12	YES, YES
Escarole	$\frac{1}{2}$ cup	12	YES, YES
Evaporated milk	1 cup	350	No, No
Fats, cooking (vegetable)	1 tablespoon	150	YES & No
Figs, fresh	3 small	100	No
Finnan haddock, steamed	4 oz	100	YES
Flounder	4 oz	100	YES
Frankfurter sausage	1	150	YES
French dressings	1 tablespoon	50	YES & No
Fruit cup, fresh	$\frac{1}{2}$ cup	50	YES, YES
Gelatine, dry, unsweetened	1 tablespoon	25	YES & No
Grapefruit, fresh	$\frac{1}{2}$ medium	50	YES, YES

Yes and No Guide to Intelligent Eating

<i>Food</i>	<i>Amount</i>	<i>Calories or Food Units</i>	
Grapefruit juice— fresh or frozen, unsweet- ened	$\frac{1}{2}$ cup	50	YES
canned, sweetened	$\frac{1}{2}$ cup	75	No
Grape juice	$\frac{1}{2}$ cup	65	YES
Grapes, all kinds	1 cup	100	YES
Guavas, fresh	1 medium	50	YES
Haddock	4 oz	100	YES
Halibut—fresh	4 oz	170	YES
Ham—boiled lean	1 thin slice	100	YES
smoked	4 oz	350	No
Hazelnuts	$\frac{1}{2}$ cup	100	YES
Heart, beef	4 oz	95	YES, YES
Honey, all flavours, un- heated	1 teaspoon	25	YES
Honeydew melon	1 average slice	50	YES, YES
Ice cream, all kinds	$\frac{1}{2}$ cup	200	No
Jams, jellies	1 tablespoon	50	No
Kale	$\frac{1}{2}$ cup	12	YES, YES
Kidney—beef	4 oz	170	YES
lamb	4 oz	100	YES, YES
Kohlrabi	$\frac{1}{2}$ cup	25	YES
Lamb, average cuts	4 oz	260	YES & No
Leeks	$\frac{1}{2}$ cup	25	YES
Lemon	1 medium	25	YES, YES
Lettuce	4 large leaves	12	YES, YES
Limes	1	25	YES
Liver—beef, calf, lamb	4 oz	170	YES, YES
Lobster, fresh or canned	4 oz	100	YES, YES
Loganberries, fresh	$\frac{1}{2}$ cup	50	YES
Macaroni (cooked), fortified	$\frac{1}{2}$ cup	100	YES & No
Mackerel, fresh	4 oz	150	YES
Mangoes, fresh	1 medium	100	YES
Margarine, fortified	1 teaspoon	50	YES
Marmalades, all flavours	1 tablespoon	50	No
Marrow, young	$\frac{1}{2}$ cup	12	YES, YES
Milk—whole fresh	1 glass	170	No
skim fluid	1 glass	85	YES, YES

Yes and No Guide to Intelligent Eating

<i>Food</i>	<i>Amount</i>	<i>Calories or Food Units</i>	
Milk—skim, dry instant	1 tablespoon	25	YES, YES
buttermilk	1 glass	85	YES, YES
milk shakes, lean	$\frac{1}{2}$ cup	85	YES, YES
Molasses, black	1 tablespoon	50	YES, YES
Mushrooms, fresh or canned	$\frac{1}{2}$ cup	12	YES, YES
Mussels, fresh	4 oz	100	YES, YES
Mustard greens, short-cooked	$\frac{1}{2}$ cup	12	YES, YES
Nectarines, fresh	1 large	50	YES
Noodles, fortified	$\frac{1}{2}$ cup	50	YES & NO
Oatmeal, cooked	$\frac{2}{3}$ cup	100	YES & NO
Oils, salad or cooking	1 tablespoon	100	YES & NO
Okra, fresh or canned	$\frac{1}{2}$ cup	24	YES, YES
Olives—green	12	100	YES & NO
ripe black	8	100	YES & NO
Onions, dry	$\frac{1}{2}$ cup	50	YES
Oranges—ripe	1 medium	50	YES
slices	$\frac{1}{2}$ cup	50	YES
juice, frozen			
unsweetened	$\frac{1}{2}$ cup	50	YES
juice, canned			
sweetened	$\frac{1}{2}$ cup	75	NO
Oysters, fresh raw	4 oz	100	YES, YES
Papaya, fresh ripe	$\frac{1}{2}$ cup	50	YES
Parsley, dark green	$\frac{1}{2}$ cup	12	YES, YES
Parsnips	$\frac{1}{2}$ cup	50	YES
Peaches—fresh	1 medium	50	YES
canned, unsweet-			
ened	$\frac{1}{2}$ cup	50	YES
Peanut butter	1 tablespoon	100	NO
Peanuts, shelled	$\frac{1}{2}$ cup	400	NO
Pears—fresh	1 medium	50	YES
canned, unsweetened	$\frac{1}{2}$ cup	50	YES
Peas, fresh small	$\frac{1}{2}$ cup	75	YES & NO
Pecan nuts	$\frac{1}{2}$ cup	375	NO
Peppers, green and red	1 medium	12	YES, YES
Persimmons, ripe	1 large	100	YES
Pickles, dill	1 large	12	YES
Pies, all kinds	Average piece	400	NO, NO

Yes and No Guide to Intelligent Eating

<i>Food</i>	<i>Amount</i>	<i>Calories or Food Unit</i>	
Pimientos, canned	1 medium	12	YES
Pineapple—fresh	$\frac{1}{2}$ cup	50	YES
canned, un- sweetened	1 big slice	50	YES
juice, un- sweetened	$\frac{1}{2}$ cup	50	YES
Plums, fresh	1	25	YES
Pomegranate, ripe	1	100	YES
Popcorn	$\frac{2}{3}$ cup	50	YES
Potatoes—baked or boiled	1 medium	100	YES & NO
mashed	$\frac{2}{3}$ cup	100	YES & NO
Prunes, dried, California	4	75	YES & NO
Pumpkin, boiled	$\frac{1}{2}$ cup	50	YES
Rabbit, young	4 oz.	190	YES
Radishes, red	6 small	12	YES, YES
Raisins, seedless	$\frac{1}{2}$ cup	200	NO
Raspberries—fresh ripe	$\frac{1}{2}$ cup	50	YES
canned, un- sweetened	$\frac{1}{2}$ cup	75	YES & NO
Rhubarb	$\frac{1}{2}$ cup	20	YES
Rice—whole brown, cooked	$\frac{2}{3}$ cup	100	YES
white	$\frac{1}{2}$ cup	100	NO
wild, cooked	$\frac{2}{3}$ cup	100	YES
Roe	4 oz	100	YES, YES
Rye flour, 100%	$\frac{1}{2}$ cup	150	YES
Rye biscuits	1 wafer	25	YES, YES
Salad dressings—lean	1 tablespoon	40	YES, YES
French	1 tablespoon	50	YES
mayonnaise	1 tablespoon	100	NO
Salmon—lean	4 oz	260	YES
canned	4 oz	170	YES
Sauerkraut, raw or cooked	$\frac{1}{2}$ cup	12	YES, YES
Scallops, fresh	4 oz	100	YES, YES
Sherbet, all flavours	$\frac{1}{2}$ cup	150	NO
Shrimp, fresh or canned	6 medium	30	YES, YES
Soup—consommé or clear broth	1 cup	0	YES, YES
cream	1 cup	200	NO, NO

Yes and No Guide to Intelligent Eating

<i>Food</i>	<i>Amount</i>	<i>Calories or Food Units</i>	
Soup—tomato	1 cup	100	No
vegetable	1 cup	100	No
Soya-bean flour, whole	$\frac{1}{2}$ cup	125	YES & No
Soya beans, fresh	$\frac{1}{2}$ cup	125	YES & No
Spaghetti (cooked), fortified	$\frac{1}{2}$ cup	100	YES & No
Spinach, short-cooked	$\frac{1}{2}$ cup	12	YES, YES
Starch, thickener	1 tablespoon	25	YES & No
Strawberries, ripe	$\frac{1}{2}$ cup	25	YES, YES
Sugar—brown raw	1 teaspoon	25	YES
white, bleached	1 teaspoon	25	No, No
Sweet potatoes	1 average	200	No
Swordfish, broiled	4 oz	170	YES
Tangerines, ripe	1 medium	50	YES
Tea, all kinds clear	1 cup	0	YES, YES
Tomatoes—fresh	1 average	25	YES, YES
juice	1 cup	50	YES, YES
thick puree	$\frac{1}{2}$ cup	50	YES
Trout, fresh	4 oz	100	YES, YES
Tuna fish—fresh	4 oz	170	YES
dietetic	4 oz	230	YES
Turkey—dark	4 oz	260	YES & No
white meat	4 oz	170	YES, YES
Turnip greens—short-cooked	$\frac{1}{2}$ cup	12	YES, YES
white	1 cup	50	YES
Veal, average cut	4 oz	170	YES, YES
Vinegar, herbalized	1 tablespoon	0	YES, YES
Waffles, ready mix	1 average	275	No
Walnuts, California	1 tablespoon	50	YES
Watercress, fresh	$\frac{1}{2}$ cup	12	YES, YES
Water-melon	1 med slice	100	YES
Wheat—shredded	1 biscuit	100	YES
flour, 100%	$\frac{1}{2}$ cup	200	YES
Wheat germ—raw, fresh	$\frac{2}{3}$ cup	100	YES
flakes	$\frac{2}{3}$ cup	80	YES
Yeast—special food, dried	1 tablespoon	25	YES, YES
concentrated	1 tablet	5	YES, YES
Yoghurt—whole milk	1 cup	160	YES & No
lean milk	1 cup	120	YES, YES

WHOLE VERSUS LEAN MILK

So you may see for yourself how much better it is for the reducer to use lean milk, let me show you an approximate analysis of both

	<i>One cup of whole milk contains %</i>	<i>One cup of lean milk contains %</i>
Protein	13 5	13 6
Calcium	29 1	29 3
Phosphorus	30 2	31 8
Iron	5 0	6 0
Vitamin 'A'	9 4	0 0
Vitamin 'B ¹ '	11 0	9 2
Vitamin 'B ² '	35 4	29 0
Vitamin 'C'	5 0	4 0

As you can see, Vitamin A is lacking entirely in lean milk, but you can obtain that from many other foods and in your vitamin concentrate. When just 2 tablespoons of dry skim milk powder are mixed with one pint of fresh skim milk, you have a lean, but protein-rich wonder food for reducers. The addition of a bit of cinnamon, nutmeg, vanilla or powdered instant coffee makes a delicious and interesting combination. Those who want a bit of sweet can add a small amount of molasses, honey, brown sugar or liquorice. Let your waistline be your guide.

VEGETABLES AND FRUITS

(Containing 5%, 10%, 15% and 20% sugar)

The following are called the 5% vegetables because 5% of their weight is sugar. Because they are low in sugar content and also low in calories, these vegetables are given preference in all reducing plans.

Asparagus
Beets

Cucumber
Kale

Radishes
Rhubarb

Yes and No Guide to Intelligent Eating

Brussels sprouts	Leeks	Spinach
Cabbage	Lettuce	String beans
Carrots	Onions	Tomatoes
Cauliflower	Pepper, green	Watercress
Celery	Pumpkin	

Here are the 10% vegetables and fruits, they supply about two teaspoonfuls of sugar in an average serving. They may be used plentifully in reducing plans.

Artichokes	Loganberries	Peas, canned
Blackberries	Olives	Pineapple, fresh
Cantaloup	Onions, green	Raspberries
Celery roots	Oranges	Strawberries
Grapefruit	Parsnips	Turnips
Lemon	Peaches	Water-melon

These vegetables and fruits are still used in reducing plans because a serving consists of only 15% of sugar:

Apples	Canned fruits	Orange juice
Apricots	Grapes	Peas, fresh
Cherries	Lima beans	Tangerines
Currants	Nectarines	

When it comes to the 20% fruits and vegetables, the average serving supplies a tablespoon and a half of sugar. Therefore these foods should only be used occasionally on a reducing plan.

Baked beans	Corn	Potatoes
Bananas	Figs	Prunes
	Plums	

DIFFERENT OCCUPATIONS REQUIRE
DIFFERENT AMOUNTS OF FOOD
CALORIES

<i>If Your Real Weight is</i> <i>st lb</i>	<i>If You Do Light Work</i>	<i>If You Do Moderate Work</i>	<i>If You Do Hard Work</i>
7 6	1,760	1,970	2,280
7 10	1,830	2,050	2,370
8 0	1,900	2,120	2,460
8 4	1,970	2,200	2,550
8 8	2,040	2,280	2,640
8 12	2,100	2,350	2,720
9 2	2,170	2,430	2,810
9 6	2,240	2,500	2,900
9 10	2,310	2,580	2,990
10 0	2,380	2,660	3,080
10 4	2,440	2,730	3,160
10 8	2,510	2,810	3,250
10 12	2,580	2,880	3,340
11 2	2,650	2,960	3,430
11 6	2,720	3,040	3,520
11 10	2,780	3,110	3,600
12 0	2,850	3,190	3,690
12 4	2,920	3,260	3,780
12 8	2,990	3,340	3,870

Once you have reached your ideal weight, let the above list guide you for the proper amount of food calories per day for your particular job. If you have difficulty in arriving at your correct figure let your doctor assist you.

METROPOLITAN LIFE INSURANCE COMPANY'S

IDEAL WEIGHT CHART

DESIRABLE WEIGHTS FOR MEN AND WOMEN OF AGES
TWENTY-FIVE AND OVER

Weight in stones and pounds according to frame, whether your
bone structure is small, medium or large (as ordinarily dressed)

MEN

HEIGHT (with shoes on)		SMALL FRAME		MEDIUM FRAME		LARGE FRAME	
<i>ft.</i>	<i>in</i>	<i>st</i>	<i>lb</i>	<i>st</i>	<i>lb</i>	<i>st</i>	<i>lb</i>
5	2	8	4—8	8	12—9	9	5—10
5	3	8	7—9	9	1—9	9	7—10
5	4	8	10—9	9	4—10	9	11—10
5	5	9	0—9	9	8—10	10	1—10
5	6	9	3—9	9	11—10	10	5—11
5	7	9	7—10	10	1—10	10	9—11
5	8	9	10—10	10	5—11	10	13—11
5	9	10	0—10	10	9—11	11	3—12
5	10	10	4—11	10	13—11	11	7—12
5	11	10	8—11	11	3—12	11	11—12
6	0	10	12—11	11	7—12	12	1—13
6	1	11	3—12	11	12—12	12	6—13
6	2	11	9—12	12	3—13	12	11—14
6	3	12	0—12	12	8—13	13	2—14

METROPOLITAN LIFE INSURANCE COMPANY'S

IDEAL WEIGHT CHART

DESIRABLE WEIGHTS FOR MEN AND WOMEN
OF AGES TWENTY-FIVE AND OVER

Weight in stones and pounds according to frame, whether your bone structure is small, medium or large (as ordinarily dressed)

WOMEN

HEIGHT (with shoes on)		SMALL FRAME		MEDIUM FRAME		LARGE FRAME	
<i>ft</i>	<i>in</i>	<i>st lb</i>	<i>st lb</i>	<i>st lb</i>	<i>st lb</i>	<i>st lb</i>	<i>st lb.</i>
4	11	7 6—	7 13	7 12—	8 6	8 5—	9 1
5	0	7 7—	8 1	8 0—	8 8	8 7—	9 3
5	1	7 9—	8 3	8 2—	8 10	8 9—	9 5
5	2	7 12—	8 6	8 5—	8 13	8 12—	9 9
5	3	8 1—	8 9	8 8—	9 2	9 1—	9 12
5	4	8 4—	8 13	8 12—	9 6	9 5—	10 2
5	5	8 9—	9 2	9 1—	9 9	9 7—	10 5
5	6	8 11—	9 6	9 4—	10 0	9 12—	10 10
5	7	9 0—	9 10	9 8—	10 4	10 2—	11 0
5	8	9 3—	9 13	9 11—	10 7	10 5—	11 4
5	9	9 7—	10 3	10 1—	10 11	10 9—	11 8
5	10	9 10—	10 7	10 5—	11 1	10 12—	11 12
5	11	9 13—	10 10	10 8—	11 4	11 1—	12 1

These tables are based on numerous medico-actuarial studies of hundreds of thousands of insured men and women

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